



NORTHEASTERN NEVADA
REGIONAL HOSPITAL

Diagnostic Imaging Department

How to Prepare for Your Diagnostic Examination

Unless otherwise noted, please arrive 30 minutes prior to your appointment time for registration.

MAGNETIC RESONANCE (MRI)

- No special preparation required. Make up should be removed for all head/brain studies.*
Please inform staff PRIOR TO EXAM of any implants, pacemakers, heart valves, aneurysm clips, stents, filters, or drug/insulin pumps as staff will determine the compatibility of these devices and in which of our magnets they are safe. MRI scans cannot be performed on those with pacemakers or aneurysm clips.

CT: Arrive as directed (2 hours prior to your scheduled time) to drink prep contrast (if required).

- Brain, Chest, Abdomen, Pelvis CT:** Any exam with contrast, nothing to eat or drink for 4 hours before exam. (Please contact the scheduling department for additional preparation instructions.)
- Spine, Extremity CT:** No preparation required. Please bring previous films for extremity exam.

DIGITAL MAMMOGRAPHY

- Do not use deodorant, lotion or dusting powder on the day of exam. Bring previous mammograms if done at an outside facility. (Please contact the scheduling department for more information about obtaining previous films.)

BIOPSY

- No blood thinners (i.e. Aspirin, Coumadin, Heparin, Advil, Naprosyn) 72 hours prior to exam. Nothing to eat or drink 2 hours before the exam. Check with your doctor before stopping any medication. Lab work is typically required PRIOR to your exam. Please discuss your individual needs with your referring physician.

ULTRASOUND

- Upper Abdominal (Gallbladder, Liver, Pancreas, Kidneys, Spleen, Aorta):** Nothing by mouth for 8 hours prior to exam. Including: gum, coffee, and tobacco. All medication may be taken with small sips of water only. Diabetics may drink fruit juice, if needed, prior to the exam.
- Urinary Tract/Renal (Kidneys and Bladder):** The day before the exam, try to drink 1 glass of water every hour. No food 6 hours prior to the exam. Follow the same preparation steps as "Complete Pelvic" below.
- Complete Pelvic (including Endovaginal)/Obstetrical exam:** A full bladder is needed for exam or patient may be required to reschedule their appointment. Begin drinking 32 oz. of water 1 hour prior to exam time, and finish 30 minutes prior to exam. Patient will feel a strong urge to urinate. Do not void without first consulting technologist or clerk.
- Endovaginal Only Pelvic:** No prep is required.
- Breast Ultrasound:** No patient prep is required. Patient must bring outside previous mammograms, ultrasounds, and reports if this is a follow-up exam based on one previously done at an outside facility. Contact scheduling for details.
- Carotid, Thyroid, Soft Tissue, Scrotal, and all Peripheral Vascular (Arterial and/or Venous):** No prep is required.

X-RAY/FLUOROSCOPY

If preparation kit is indicated, please pick up 2 days prior to exam; you must begin prep 24 hours in advance.

- Upper GI/Small Bowel Series:** Nothing by mouth for 8 hours prior to exam.
- Barium Enema:** Clear liquid diet for 24 hours prior to exam. A bowel prep kit is necessary. Your Physician will provide an rx for bowel prep kit to be picked up at your local pharmacy.
- Hysterosalpingograms:** No prep is required.
- Arthrograms:** No blood thinners/aspirin therapy for 72 hours prior to exam.

PREPARATION FOR UPPER GASTROINTESTINAL (GI) SERIES

- Nothing by mouth after midnight, the night prior to your examination. This includes:
 - NO coffee, tea or milk
 - NO food of any kind (liquid or solid)
 - NO gum
 - NO smoking or chewing tobacco
- Please DO take any medication that has been prescribed by your physician with a small amount of water.
(For example: Cardiac, Diabetic or Hypertension meds.)
- Report to the front desk of the hospital 30 minutes before your appointment to register.

PREPARATION FOR NUCLEAR MEDICINE EXAMS

- If you are scheduled for a nuclear medicine exam, the scheduling department will provide you with detailed instructions. Please call the number below if you have questions.

A NOTE ON BILLING

- You will be billed for diagnostic exams performed at the Hospital in two separate parts. The Hospital will bill you for conducting the examination, and you will receive a bill from the Radiologist for the interpretation of the results.**

If you have any questions, please call the NNRH Scheduling Department at 775.748.2243 and select option 2.

Thank you for choosing Northeastern Nevada Regional Hospital.

We're here for every moment in life.