

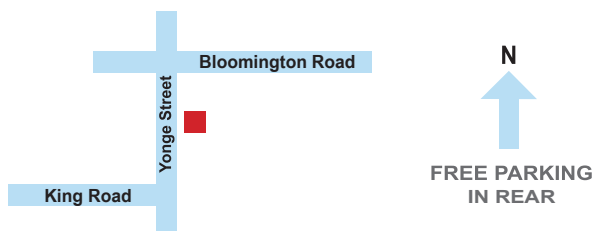


OAK RIDGES MEDICAL DIAGNOSTIC IMAGING

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CLINIC HOURS: MONDAY - THURSDAY: 8AM - 8 PM
FRIDAY: 8AM - 5 PM
SATURDAY & SUNDAY: 9AM - 2 PM



DURATION OF PROCEDURES

TEST	APPROXIMATE DURATION <small>Times may vary depending on patient volume</small>
ULTRASOUND, VASCULAR & ECHOCARDIOGRAMS	½ hour
XRAY	½ hour
MAMMOGRAPHY	½ hour
BONE MINERAL DENSITOMETRY	½ hour
CARDIAC TESTING	½ hour to 1 hour
NUCLEAR CARDIOLOGY	2½ hours in AM and 2½ hours in PM (5-6 hours total) (MUGA 1 hour)
BONE SCAN	10 minutes, then 1 hour following a 2-3 hour delay
THYROID SCAN	15 minutes first day, and 1 hour second day
ALL OTHER NUCLEAR TESTS	1-2 hours, on single day (some require up to 4 hour delay after injection)

1. PLEASE DO NOT FORGET TO BRING YOUR HEALTH CARD.
2. BRING A LIST OF ALL MEDICATIONS TO EACH APPOINTMENT.
3. PLEASE BRING RESULTS OF OTHER RECENT TESTS, OR ACTUAL PICTURES (X-RAYS OR ULTRASOUNDS), IF AVAILABLE.

PATIENT PREPARATION INSTRUCTIONS

ULTRASOUND PROCEDURES

ABDOMEN:

Nothing to eat or drink 8 hours prior to your appointment (except to swallow necessary medications).
For children under 3 years, feed as usual.

ABDOMEN & PELVIS:

Nothing to eat or drink 8 hours prior to your appointment.
Drink 6-8 full glasses of water prior to your appointment. DO NOT VOID

PELVIS / OBSTETRICAL:

A full bladder is necessary. Finish drinking 40 ounces (6-8 full glasses) of clear fluid 1 hour prior to your appointment. DO NOT VOID

MALE PELVIS:

*Patient to arrive with full bladder. (Same instructions as for pelvis exam).

SMALL PARTS (THYROID / TESTIS) / MUSCULO-SKELETAL / TRUS:

No preparation required.

BREAST:

Do not apply deodorant or talcum powder the day of your appointment.

VASCULAR:

No preparation required.

GENERAL XRAY PROCEDURES

No preparation required.

WOMEN'S HEALTH PROCEDURES

MAMMOGRAPHY & BREAST ULTRASOUND

Do not use powder/deodorant on day of exam.
If you have had a Mammogram before at another facility, please bring those previous films with you.

BONE MINERAL DENSITOMETRY

Wear loose comfortable clothing free of belts, clips or any metal.

*MINISTRY OF HEALTH RESTRICTS ROUTINE EXAMS TO ONE EXAM PER 24 MONTH PERIOD, UNLESS DEEMED HIGH RISK.

PELVIC ULTRASOUND

Please refer to Ultrasound procedures.

NUCLEAR CARDIOLOGY (SESTAMIBI) PROCEDURES

- Please bring medications or list of medications.
- **No caffeine** (tea, coffee, cola, chocolate) for 24 hours prior to your test (and no decaffeinated tea/coffee).
- Light breakfast the day of the test.
- Be prepared to walk or run on the treadmill - wear a T-shirt, shorts or sweatpants and running shoes.
- No Smoking 1 hour prior to testing
- **DIABETICS:**
 - a) If **on insulin:** light breakfast, the morning of the test, and take HALF the usual morning insulin dose.
 - b) If **on oral medication:** light breakfast, and don't take diabetes medication before the test. After the test, you may eat and take your medication.
- Certain medications should be stopped, if possible before the test, **only if permitted by your doctor**, as follows:

STOP FOR 24 HOURS BEFORE THE TEST

Metoprolol (Lopressor)	Diltiazem (Cardizem; Tiazac)	Sildenafil (Viagra)
Acebutolol (Monitan; Sectral)	Carvedilol (Coreg)	Vardenafil (Levitra)

STOP FOR 48 HOURS BEFORE THE TEST

Atenolol (Tenormin)	Bisoprolol (Monacor)
Nadolol (Corgard)	Tadalafil (Cialis) *4 days

THE ABOVE MEDICATIONS MAY BE RESUMED AFTER THE TEST

NUCLEAR MEDICINE PROCEDURES

BILIARY SCAN:

Nothing to eat or drink 4 hours prior to the scan.

THYROID UPTAKE AND SCAN:

If permitted by your doctor: Stop Thyroxine 5 weeks before testing and stop Cytomel 3 weeks before testing.

No intravenous contrast material (CT, IVP or Angiogram) for 5 weeks prior to testing.

OTHER NUCLEAR MEDICINE SCANS:

No special preparation required.

CARDIAC TESTING PROCEDURES

ECHOCARDIOGRAM / HOLTER MONITOR / AMBULATORY BLOOD PRESSURE MONITOR:

Wear a comfortable 2 piece outfit.

CARDIAC EXERCISE TEST:

No coffee or tea the day of the test.

Light breakfast the day of the test.

Be prepared to walk or run on the treadmill.

See Preparation for Nuclear Cardiology.