



## My Time Personal Scheduler

Name: \_\_\_\_\_ Appointment time: \_\_\_\_\_

### Preparing for your an exam

Preparation depends on the type of exam requested by your physician. General **X-Ray** and **Bone Mineral Density** exams do not require any preparation. Certain **Ultrasound** exams do require special preparation (e.g. fasting, full bladder etc). The preparation instructions below apply to most adult patients.

**⚠ Warning:** If you are, or may be pregnant, please let us know before your X-ray examination.

#### Abdominal Ultrasound

**⌚ 30-40 min**

Kidneys, Gall bladder, Liver, Spleen, Pancreas

**AM exam:** Nothing to eat or drink for 8-10 hours. Avoid gas producing products the night before.

**PM exam:** Early light breakfast, but no dairy/ fat or gas producing products for 8 hours and no eating for 6 hours.

#### Pelvic/Obstetrical Ultrasound

**⌚ 30-40 min**

Drink 40 oz (5 large glasses/ 1.5 litres) of water. Start drinking 90 minutes before and complete 60 minutes before (water/ juice/ black tea or coffee). You need a full bladder. Do not void until after the examination.

**Note:** *If you are booking a "transvaginal" examination, please let us know when booking appointment.*

#### Abdominal & Pelvic Combined/ Urinary Tract Ultrasound

**⌚ 30-40 min**

No eating for 6 hours and no fat, dairy or gas producing products for 8-10 hours (ask if there are any exceptions). Also, drink 40 oz (5 large glasses/ 1.5 litres) of water, 60 minutes prior to examination. You need a full bladder. Do not void until after the examination.

#### Abdominal Ultrasound

**⌚ 30-60 min**

No special preparation.

#### Pelvic/Obstetrical Ultrasound

**⌚ 15-20 min**

If you had a NUCLEAR MEDICINE scan or BARIUM test, allow one week before having this test.  
Max Wt. = 300 lbs.

#### Abdominal & Pelvic Combined/ Urinary Tract Ultrasound

**⌚ 30-45 min**

No special preparation.  
Do not use deodorant and/or powder on day of examination.

### Alpha Diagnostic Imaging (Don Mills)



**1262 Don Mills Road, Suite 206**  
(Don Mills Rd. & Lawrence Ave. E.)

Tel: (416) 510-9977  
Fax: (416) 510-3238  
Monday - Friday: 9:00 am – 5:00 pm



### Alpha Diagnostic Imaging



**2130 Lawrence Ave. E., Suite 300**  
(Lawrence Ave. E. & Birchmount Rd.)

Tel: (416) 321-2670  
Fax: (416) 321-6591  
Monday - Thursday: 9:00am – 6:30pm  
Friday: 9:00 am – 5:00 pm  
Saturday: 9:00 am – 2:00 pm

