

# Medical Imaging Procedure Preparations & Information

Patient Name: \_\_\_\_\_

Procedure Type (circle):

- |                           |                    |
|---------------------------|--------------------|
| <b>Bone Density- Dexa</b> | <b>Mammography</b> |
| <b>CT Scan</b>            | <b>MRI</b>         |
| <b>Ultrasound</b>         | <b>X-Ray</b>       |

Arrival Date/Time: \_\_\_\_\_

\*When arriving at SMH for a Medical Imaging procedure, you must first register at Central Admitting prior to arriving at the Radiology department.

For questions or concerns, please do not hesitate to call the Medical Imaging Department at 918-774-1119.

\* Please remember that results of your Radiologic procedures will come from your physician. The technologists are not allowed to give results of any procedures. Thank you.

## Bone Density - Dexa

A Bone Density scan is a procedure that helps in the diagnosis of osteoporosis. A bone density exam is recommended for women ages 50 to 65, and for all women over age 65. This procedure is also recommended for men at age 65. According to the National Osteoporosis Foundation, one out of every two women and one out of every eight men over age 50 has an osteoporosis-related fracture. There are other risk factors that could indicate the need for a person to have a bone density test at an earlier age. These can include endocrine disorders,

malignancies/cancers, diet/malabsorption syndromes, drug induced and disorders that are inherited.

### Preparation for your procedure:

- No preparation needed!
- You may have to change into a gown depending on your clothing.
- Be prepared to answer questions related to your medical history.

## X-Ray

General x-rays offer views of various body parts that include the chest, bones, sinuses, skull, and spine. An x-ray procedure is a non-invasive procedure that is performed using low doses of radiation to create an image of a specific body part. Depending on the body part being examined, the technologist will position you in relation to the x-ray machine to create the proper images. You'll be asked to hold very still for a few seconds and may be asked to hold your breath for a short period of time.

### Preparation for your procedure:

- No preparation needed.
- You may have to change into a gown depending on your clothing.
- Be prepared to answer questions related to your medical history.

## Mammography

A Mammogram is a safe, low-dose x-ray that creates an image of the breast tissue. A Mammogram is a procedure that is for both women and men. A woman should begin doing screening mammograms at the age of 40. During a mammogram, you will be standing and the technologist will help place your breast in the proper position to obtain the images. Compression will be applied to your breast; this is done to help get a clearer image of your breast. Most people do

feel some discomfort. A screening procedure includes approximately four images, and a diagnostic procedure includes six images.

### Preparation for your procedure:

- If you're menstruating, try to schedule your mammogram for the week after your period.
- Wear a two-piece outfit. We'll ask you to undress from the waist up and provide you with a gown.
- No perfume, powder, ointments, lotions, or deoderant on your underarms or breasts.
- Bring previous mammograms or be able to give information as to where previous mammograms were done. This will help in the reading of your procedure.
- Tell the technologist if you have breast implants.
- Be prepared to answer questions about your medical & family medical history.

## Ultrasound

An Ultrasound examination is a painless, non-invasive test that use high-frequency sound waves to reflect and record images from inside the body. Blood flow and movement of most internal organs can be evaluated using the ultrasound machine. Ultrasounds of the breasts are used to determine whether a mass that is palpable or found on a previous mammogram is solid or fluid-filled.

### Preparation for your procedure:

- Upper Abdominal (includes Gallbladder, Liver, Pancreas, Aorta, Kidney, Spleen)**
- Nothing to eat, drink, or smoke for 8 hours prior to appointment.
- Exception: if having a Renal exam for a Urologist then a bladder exam will also be performed so a FULL urinary bladder will be required. Drinking water is preferred for filling the bladder for the exam.
- Pelvic, Urinary Bladder, and 1st Trimester OB**

- Nothing to eat for 8 hours prior to appointment. Must have a FULL Urinary Bladder at appointment time. Drink clear fluids; preferably water to fill urinary bladder for exam. Exception: In patients undergoing only a Trans-vaginal Pelvic or OB Ultrasounds a full bladder is not necessary.

### 2nd & 3rd Trimester OB

- No preparation is required
- Thyroid, Breast, or Scrotal**
- No preparation is required
- Carotid Doppler or Echocardiography**
- No preparation is required
- Venous and/or Arterial Doppler of Lower Extremities**
- No preparation is required

During any Ultrasound procedure you will be laying on a procedure table and gel will be applied to your skin in the area that will be studied. The technologist then presses a hand-held transducer to your skin which creates the images.

## MRI

A MRI scan is a magnetic resonance imager that uses a strong magnetic field, radio waves, and specially designed computers to create clear and detailed images of internal body structures.

There is a weight limit for our MRI scanner. If you weigh more than 345 pounds, please let your physician know. If you have had a previous surgery of any kind, please let the Radiology Department and MRI Technologist know prior to your MRI. If you have an object implanted within your body we require a card to ensure that it is MRI safe.

### IV Contrast

Certain procedures require IV contrast to be used. This contrast media is injected through



an IV that highlights the blood vessels throughout the body. If you have an ALLERGY to Gado-linium, PLEASE inform your physician and the MRI technologist. If you are having an procedure that requires IV contrast then:

1. A Lab test will be done prior to the MRI procedure. This test will check your kidney function.
2. Be prepared for the MRI technologist to start an IV allowing the IV contrast to be administered.

NOTE: Please be prepared to answer questions regarding allergies, current health issues and your medical history when you arrive to the Radiology department. Please let us know about any serious allergic reactions you have had in the past.

### Preparations

- No special preparations are required.
  - Except- a MRCP is the only procedure that requires you to NOT eat or drink for four hours.
- Therefore, unless told otherwise, eat, drink, and take your regular medications.
- Leave jewelry and other items containing metal at home.
- Wear comfortable clothing without metal zippers, buttons, or clasps, or you will be provided a gown to change into prior to procedure.
- If you're having a head or neck scan, do not wear makeup; many cosmetics contain metals.

### What happens during the procedure?

- The MRI technologist will make you as comfortable as possible on the machine's table. You will then be moved into the area of the magnetic field.
- MRI is painless; you can't feel the magnetic field or radio waves. Earplugs will be provided to lessen the machine's noise.
- MRI procedures take about 30 to 60 minutes.

\* You will be laying down flat on your back for the MRI and will be moving through the machine's gantry (which is enclosed). If you think either of these actions would be a problem for you, please discuss this with your physician. If you require special medication for the MRI, PLEASE make arrangements prior to your

appointment. We do not provide medications through our Radiology Department.

## CT Scan

A CT (Computed Tomography) scan is an exam that uses x-rays to obtain images of your body.

**IV Contrast:** Certain exams require a special dye, called contrast, to be delivered into the body through an IV. This contrast will highlight the specific areas that are being examined, which creates a clearer image. Some people have allergies to IV contrast. If you are ALLERGIC, PLEASE inform your physician and the CT technologist.

### If you are having an exam that requires IV contrast then:

1. Do not eat or drink anything for at least four to eight hours prior to the CT exam.
2. A Lab test will be done prior to the CT exam. This is to check your kidney function.
3. Be prepared for the CT technologist to start an IV, allowing the IV contrast to be administered.
4. If Metformin is taken for diabetic therapy then it will need to be held until 48 hours after IV contrast is given.
5. You will fill out a contrast consent form upon arriving to the Radiology Department.

NOTE: Please be prepared to answer questions regarding allergies, current health issues and your medical history when you arrive to the Radiology Department. Please let us know about any serious allergic reactions you have had in the past. Please also remove jewelry. You may be asked to wear a hospital gown during the study.

### Preparations and info for specific CT procedures:

**Chest CT:** Most Chest CT scans are done with IV contrast unless otherwise specified by physician or you have a known allergy to IV contrast. This IV contrast material is injected into a vein in your arm to better define the blood vessels of your lungs and heart areas.

**Abdomen and/or Pelvis CT:** Most Abdomen and/or Pelvis CT scans are done with IV contrast and oral contrast unless otherwise specified by

physician or you have a known allergy to the IV or Oral contrast. The IV contrast material is injected into a vein in your arm to better define the blood vessels throughout your body. The oral contrast you will drink; it highlights your stomach, small intestines, and colon. After you arrive to the Radiology Department, you will drink the oral contrast and wait around 30 minutes to one hour to have your procedure. You will receive specific instructions when you receive your drink.

**Neck CT Scan (Soft Tissue):** Most Neck CT scans are done with IV contrast unless otherwise specified by physician. This IV contrast material is injected into a vein in your arm to better define the blood vessels in your neck.

**Head CT Scan:** This scan can be done with or without IV contrast. The IV contrast material is injected into a vein in your arm to better define the blood vessels. If you have had head trauma or your physician is worried about a stroke, the scan will be done without IV contrast first.

**The following CT exams require NO preparation:** Cervical Spine, Thoracic Spine, Lumbar Spine, Upper or Lower Extremities and Joints, Sinus/Facial.

\* You will be laying flat on your back for a CT procedure and will be moving through the opening of the machine. If you think either of these actions would be a problem for you, please discuss this with your physician.

\* Please remember that results of your Radiologic procedures will come from your physician. The technologists are not allowed to give results of any procedures. Thank you.

(A Radiologist, who is a specialized doctor, will read your Radiologic procedure and a report will be sent to your physician.



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