



Preparation Guidelines for Patients

UPDATED APRIL 2025

BONE DENSITOMETRY

No Calcium supplements 24 hours prior to study. This examination will take approximately 15 minutes.

If you wear elastic waist pants/skirt, you will likely not have to change into a gown.

PET/CT

You will fast after midnight the day of the appointment.

CT SCANS

CT scans of the sinuses, extremities or chest do not require any preparation. All other types of exams (i.e. head, abdomen, pelvis) require no eating, drinking, chewing gum or smoking four hours prior to the study except for prescribed medication.

CT CORONARY ARTERY ANGIOGRAM

Preparation for this exam includes nothing to eat for three hours prior to exam time. Drink plenty of water, but avoid caffeinated drinks as they can speed up the heart rate.

NUCLEAR MEDICINE

Due to the variation of nuclear medicine procedures performed, we will provide you with preparation and instructional information specific to your appointment at the time of scheduling.

BREAST BIOPSY

There is no preparation for this exam.

VIRTUAL COLONOSCOPY

To prepare for a virtual colonoscopy, you should follow a two-day low residual diet and use a bowel preparation kit obtained at one of our offices. Because no sedation is used for the exam, you may resume normal activity at its completion.

CT ANGIOGRAM

Preparation for this exam includes nothing to eat for three hours prior to exam. Patients should drink plenty of water starting the night before the exam.

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ULTRASOUND EXAMS

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ABDOMEN / GALLBLADDER / KIDNEYS

Nothing to eat or drink after midnight or 8 hours before the examination.

BLADDER, PELVIC TRANSABDOMINAL AND OBSTETRICAL

2 hours before appointment, empty bladder. Immediately drink 32 ounces of water and DO NOT empty bladder again. Your bladder should feel uncomfortably full when you arrive for your test.

RETROPERITONEAL COMPLETE (KIDNEYS AND BLADDER)

No eating or drinking for 6 hours prior to the exam. 2 hours prior to exam, empty bladder; immediately drink 32 ounces of water ONLY and DO NOT empty bladder again.

TRANSVAGINAL

Transvaginal exam requires no preparation.

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