

- HOSPITAL – 300 Pasteur Drive
- BLAKE WILBUR OUTPATIENT CLINIC – 900 Blake Wilbur Drive
- ADVANCE D MEDICINE CENTER/CANCER CENTER – 875 Blake Wilbur Drive
- STANFORD MEDICINE IMAGING CENTER – 451 Sherman Avenue, Palo Alto
- STANFORD MEDICINE OUTPATIENT CENTER – 450 Broadway, Redwood City

PATIENT PREP INSTRUCTIONS

PLEASE REGISTER 30 MINUTES PRIOR TO THE APPOINTMENT TIME

Prior insurance authorization may be required by your insurance company for this radiology study. Please confirm that you have insurance approval. Please bring any insurance information (card & authorization) and the exam requisition with you to the appointment.

Stanford Medicine Imaging Center:	Hours 7:00AM to 5:00PM	
Stanford Medicine Outpatient Center:	Hours 7:00AM to 5:00PM	
Blake Wilbur Outpatient Clinic Registration:	Hours 7:00AM to 9:30PM	
AMC/Cancer Center Registration:	Hours 7:00AM to 5:00PM	1st floor Room CC 1227
Hospital MRI Registration:	Hours 7:00AM to 3:30PM	Ground Floor Registration
Nuclear Medicine & PET/CT Registration:	Hours 7:00AM to 5:00PM	2nd Floor H2200
Hospital Radiology East Registration:	Hours 6:45AM to 6:00PM	
Hospital Registration (open 7 days a week):	Hours 5:00AM to 9:30PM	Main Admitting

DIABETIC PATIENTS: If you are a diabetic patient taking any medication that contains (**Metformin, Glucophage, Glucovance, Metaglip, Fortamet, Riomet, Avandamet**) and are scheduled for an examination that requires **IV contrast** (CT, IVP or Arthrogram) **DO NOT** take your medication on the day of the exam and for 48 hours after. You **MUST** follow up with your physician for instructions / blood test on when to resume this medication.

ALLERGIES TO CONTRAST: If you have a history of contrast reaction your ordering physician is responsible for prescribing the pre-medications for you. The American College of Radiology recommends the following pre-medications:

- Prednisone 50mg taken by mouth 13, 7 and 1 hour prior to the examination
- Benadryl 50mg taken by mouth 1 hour prior to the examination.

CREATININE BLOOD TEST: This is required **within the 30** days prior to the examination for any:

- Patients age 70 years or older
- Diabetes (Insulin and non insulin dependent)
- History of Renal Insufficiency / Renal masses / Single kidney

If this test is done at an outside facility, it is the patient's responsibility to obtain a copy of the result and bring it to the appointment with them.

CT SCAN (Allow 1 hour for this examination)

NOTHING to eat for 2 ½ hours prior to the exam. You may have clear liquids only (water, apple juice). You may take your medications at their normal time with the smallest amount of water possible. Only patients who are being scanned to **R/O ABSCESS or FISTULA, or OVARIAN CA** need to drink oral contrast. The **ORAL CONTRAST** is available for pick-up prior to the appointment at **Radiology East or Blake Wilbur reception or patients should arrive 1 hour prior to their scheduled appointment to receive ORAL CONTRAST.** Central Lines, Mediports and Power PICC's may be used for certain studies when there is a RN on duty (M-F 7:30AM to 3:30PM). If you need additional information, please call the scheduling office for details.

MRI SCAN (Allow 1 ½ to 3 hours for this examination)

CARDIAC MRI: NO coffee (decaf or regular), caffeine, Tea, or Chocolate for 24 hours prior to the examination.

MESENTERIC ISCHEMIA MRI: No food for 6 hours prior to the examination, you may have water.

ULTRASOUND (Allow 1 hour for this examination)

RENAL or KIDNEY: Drink three 8 oz glasses of water. You must finish drinking the water 1 hour prior to arriving for your appointment. **DO NOT EMPTY YOUR BLADDER.**

PELVIS OR LOWER ABDOMEN, OB/GYN, MALE LOWER EXAMS: Drink four 8oz glasses of water, you must finish drinking the water 1 hr prior to your appointment. **DO NOT EMPTY YOUR BLADDER. Please Note:** These exams require a full urinary bladder for a successful study. If your bladder is not full at the time of your appointment, your appointment may be postponed. Pregnant patients should drink the water slowly.

UPPER ABDOMEN, GENERAL SURVEY STUDY: (Aorta, Gall bladder, Inferior Vena Cava, Liver, Pancreas, Renal Stenosis, Retroperitoneal, Spleen). Nothing to eat or drink after midnight.

Renal Transplant, Thyroid and Vascular studies: No preparation needed.

MAMMOGRAPHY: (Allow up to 2 hour for this examination)

If your last mammogram was **not** done at Stanford, YOU MUST BRING your **recent films** with you on the day of your appointment. It is imperative for an accurate reading that we have your previous films. If hand delivering on the date of your appointment is impossible, please arrange to have your prior mammography films mailed to: Mammography/Radiology, 875 Blake Wilbur Dr. Room CC1205, Stanford, CA 94305

- Do not use any deodorant, perfume, powder, ointment or any other skin products on your chest, breast or under arms on the day of the appointment.
- To achieve diagnostic images the breast must be firmly compressed. Most women find this acceptable. If your breasts are especially tender we suggest scheduling your appointment when your breasts are the least sensitive, usually during the first 10 days of your menstrual cycle. Results will be reported to your physician who will then communicate these findings to you.

Federal Law requires that we send you a letter with your results.

GI FLUOROSCOPY

UPPER GI SERIES or BARIUM SWALLOW (Allow 1 hour for examination.)

Nothing to eat or drink after midnight.

SMALL BOWEL SERIES (Allow 4-6 hours for exam)

Nothing to eat or drink after midnight.

BARIUM ENEMA or AIR CONTRAST ENEMA (Allow 1 hour for this exam)

Please pick-up instructions from Radiology East or Blake Wilbur Radiology Reception.

HYSTEROSALPINGOGRAM: Patients **MUST** eat a light breakfast the morning of the examination, then fast except for small amounts of water after 10:00a.m. **PATIENTS MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT** who can drive them home after the examination. Patients must be scheduled within the first 10 days of their menstruation, beginning with and including the first day of menses.

NUCLEAR MEDICINE

BONE DENSITY (Allow 45 minutes).

No contrast or barium studies for 48 hours prior to the procedure. No food restriction.

BONE SCAN (Allow 3 - 5 hours)

Injection of the tracer in the morning, and scan in the afternoon. No food restriction.

CARDIAC TREADMILL AND ADENOSINE STRESS TEST: Most patients have a same day 2 part procedure.

For same day 2 part procedure: (allow 4 - 6 hours) Nothing to eat or drink for 6 hours prior to the exam. For 2 separate days procedure: (allow 2 hours on day 1 for stress test, 1.5 hours on day 2 to complete the exam) Nothing to eat or drink for 6 hours prior to exam on both days.

MUGA REST AND STRESS TEST (allow 1.5 hours)

Nothing to eat or drink 6 hours prior to the exam.

PET SCAN (allow 2 hours)

Nothing to eat or drink for 8 hours prior to the exam. No contrast or barium studies for 72 hours prior to the exam.

If you are a diabetic, please call (650) 724-5684 or (650) 724-4278 for instructions.