

- 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:	Monday-Friday	7:00am to 10:00pm
Stanford Medicine Outpatient Center:	Monday-Friday	7:00am to 10:00pm
Blake Wilbur Outpatient Clinic Registration:	Monday-Friday	7:00am to 9:30pm
	Saturday-Sunday	7:00am to 3:30pm
AMC/Cancer Center Registration (1st floor Room CC 1227):	Monday-Friday	7:00am to 5:00pm
Hospital MRI Registration (Ground Floor):	Monday-Friday	7:00am to 9:30pm
	Saturday-Sunday	7:00am to 2:30pm
Nuclear Medicine & PET/CT Registration (2nd Floor H2200):	Monday-Friday	7:00am to 5:00pm
Hospital Radiology East Registration (1st Floor):	Monday-Friday	6:45am to 6:00pm
Hospital Registration (Main Admitting):	Monday-Friday	5:30am to 9:30pm
	Saturday-Sunday	7:00am to 9:30pm

DIABETIC PATIENTS: If you are a diabetic patient taking any medication that contains **Metformin (Glucophage, Glucovance, Metaglip, Actoplus, Prandimet, Kombiglyze, Janumet, Avandamet, Fortamet, and Riomet)** 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 60 or older (MRI)
- Patients age 70 years or older (CT)
- 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 1-2 hours for this examination)

NOTHING to eat for 2 hours prior to the exam. You may have clear liquids only (water, apple juice). You may take your medications at their normal time with clear liquids only. Some patients may need to drink oral contrast. Patients requiring oral contrast must arrive 2 hours prior to their scheduled appointment time. Our Radiologists require a minimum of 1 hour rest after the patients have finished drinking their oral contrast to obtain highest quality imaging. 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 11:30PM). If you need additional information, please call the radiology scheduling center.

MRI SCAN (Allow 1-3 hours for this examination)

If you have any of the following please contact the radiology scheduling center with the make and model of the device at #650-723-6855 prior to your scheduled appointment. The following items may interfere with MR imaging or they may be hazardous to your safety:

- Cardiac Pacemaker
- Internal pacing Wires
- Shrapnel
- Neuro Stimulator
- Pregnancy
- Bone Stimulator
- IUD
- Insulin Pump
- Brain or Aneurysm Clips
- Breast Tissue Expanders

If you are on Flolan, Veletri (Epoprostenol), or Remodulin (Treprostinil) please contact the pulmonary hypertension nurse practitioner at #650-724-0636 pager 16512. You may need to be switched to an MRI compatible IV infusion pump for your MRI scan. Please be sure your MRI is scheduled at the main hospital or Blake Wilbur Outpatient Center during normal business hours 8am-4pm Monday - Friday.

Women: If there is ANY chance that you may be pregnant let your doctor know before proceeding with the preparation and/or examination.

Claustrophobia: If you are claustrophobic, please have your physician prescribe an anti-anxiety medication to take the day of the study. For your safety you will be required to have a designated driver to drive you home once the study is complete.

MR Nova for Moya Moya: MR Pre-Op Nova Scan Prep: No food for 4 hours prior to the examination, you may have water, No coffee (decaf or regular), Caffeine, Tea, or Chocolate for 24 hours prior to the examination.

MR Post-Op Nova Scan Prep: No Prep

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.

MR Enterography: Registration is 2 hours before appointment time so oral contrast can be given. No food for 4 hours prior to registration, you may have water.

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

MRCP with Sectretin: Registration is 1 hour prior to exam time. No food for 6 hours prior to the examination, you may have water.

MR Bladder: Please empty bladder 2 hours before appointment time. No food for 4 hours prior to the examination, you may have water.

MR Urogram: Please empty bladder 1 hour before appointment time. No food for 4 hours prior to the examination, you may have water. Radiologist and/or Nurse may administer medication during your exam.

MR RECTAL: No food for 4 hours prior to the examination, 2 fleet Enemas 2 hours prior to exam. The fleet enemas can be purchased over the counter and will help distinguish the anatomy of the area of interest during your exam.

MR RECTAL & GYN: Radiologist may use rectal or vaginal gel to help distinguish the anatomy of the area of interest during your exam,

MR Abdomen & MR Pelvis: (Non MSK cases) No food for 4 hours prior to the examination if possible this will improve the image quality of your exam

MR Breast: Please schedule within day 7-10 of menstrual cycle. If order is urgent this preparation will not be adhered to.

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.

Sono Hysterosalpingogram: Patient to take Motrin one hour before procedure. Exams **DO NOT REQUIRE** a full bladder. **Sono Scrotal** exams **DO NOT REQUIRE** a full bladder

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. 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. Please be advised that children under 14 years old need to be supervised by another adult at all times and are not allowed in our exam rooms.

GI FLUOROSCOPY

UPPER GI SERIES or BARIUM SWALLOW (Allow 1 hour for examination.) Nothing to eat or drink after midnight or 4 hours prior to exam. **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) Call the radiology scheduling center for additional patient preparation instructions. **HYSTEOSALPINGOGRAM:** 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 3 - 4 hours) nothing to eat or drink for 6 hours prior to the exam. No caffeine 12 hours prior to exam. For 2 separate days procedure: (allow 2 hours on day 1 for stress test, 1 hour on day 2 to complete the exam) Nothing to eat or drink for 6 hours prior to exam on both days. No caffeine 12 hours prior to exam. **MUGA REST AND/OR STRESS TEST** (allow 1.5 hours) Nothing to eat or drink 6 hours and no caffeine 12 hours prior to exam for **STRESS MUGA**. **PET/CT SCAN** (Allow 2 hours for procedure) Nothing to eat or drink **EXCEPT FOR WATER AND PRESCRIBED MEDICATION** for 8 hours prior to the exam. If you are diabetic, please call (650) 724-5684 for additional instructions.