



## TWENTY-FOUR (24) HOURS NOTICE IS REQUIRED FOR CANCELLATION OF APPOINTMENTS.

For the safety of your child(ren), we are unable to allow them into the exam room. If it is necessary to bring children with you to your appointment, they must have an adult stay with them in the waiting area.

### GENERAL INSTRUCTIONS

- Please notify our office at (858) 939-5100 and your doctor if you **MIGHT BE PREGNANT**.
- Please notify our office at (858) 939-5100 and your doctor if you are allergic to x-ray contrast (dye, or iodine contrast).
- Please be prompt. We regret that our busy schedule may not allow us to accommodate patients who are late for their appointments.
- Wear comfortable 2-piece clothing.

**MAMMOGRAPHY:** Do not wear deodorant, powder or perfume on breast or underarm area after morning shower on day of exam. Please bring prior mammograms and breast ultrasound films and reports (from other medical institutions) with you to your appointment for comparison.

**DEXA BONE DENSITY:** Do not take calcium for 24 hours prior to exam. If an oral or IV contrast exam has been performed recently, please inform our scheduler as your Dexa may need to be rescheduled. Comfortable clothing without metal is recommended.

**BARIUM ENEMA:** A bowel cleansing preparation is required 1 day prior to exam. Follow the instructions given on the *OPP Imaging Bowel Preparation Instruction Sheet* provided by your referring physician.

**BARIUM SWALLOW / ESOPHAGRAM:** Nothing to eat or drink 4 hours prior to exam.

**UPPER GI SERIES / SMALL BOWEL SERIES:** Nothing to eat or drink 8 hours prior to examination. Necessary oral medications should be taken as early as possible before your exam time with only a small sip of water. If your medications must be taken with food, please bring them (along with a snack) to take after the exam is completed.

**HYSTEOSALPINGOGRAM:** This exam should be scheduled 7-10 days from the first day of your menstrual cycle. Please call us on the first day to schedule. It is important to abstain from unprotected intercourse during this time. Please call our office if you have questions.

**MYELOGRAM:** Please call our office at (858) 939-5100 for specific instructions.

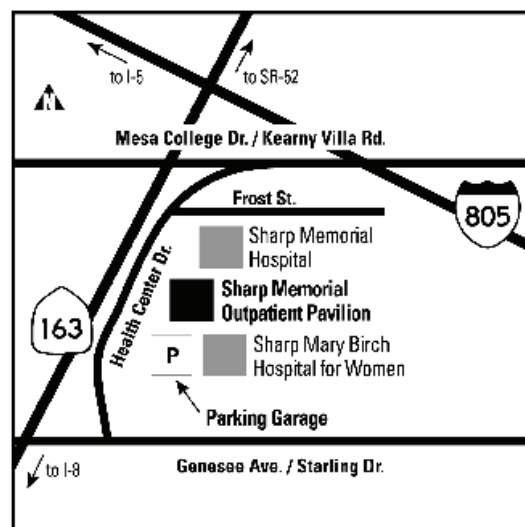
### ULTRASOUND:

- ◆ **ABDOMEN / LIVER / GALLBLADDER:** Nothing to eat or drink 8 hours prior to exam.
- ◆ **PELVIS and OBSTETRICAL:** Drink 32 oz. of water 1 hour prior to examination. The bladder must be full to perform the examination. **DO NOT** urinate prior to the exam.
- ◆ **RENAL:** Drink 16oz. of water 1 hour prior to the examination. **DO NOT** urinate.

**PET CT:** Please call our office at (858) 939-5100 for specific instructions.

**COMPUTED TOMOGRAPHY (CT):** If you did not receive instructions for your exam when you scheduled, please call our office at (858) 939-5100 for specific instructions at least 24 hours in advance (see special instructions below for CT Colonography).

**CT COLONOGRAPHY (VIRTUAL COLON):** You will be required to visit our office to pick up your preparation kit at least 2 days prior to your appointment. Please visit between the hours of 7:30 am-4:30 pm, Monday–Friday.



**SHARP** Memorial Outpatient Pavilion

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