

Diagnostic Imaging Exam Prep Instructions

PREP 1

- Esophagus
- Stomach
- or
- Abdominal Ultrasound
- or
- Small Bowel UGI, E,S&D

- Nothing to eat or drink after midnight the night before the exam.
- If booked for the afternoon, nothing to eat or drink for 6 hours before the exam.

PREP 2

- Abdominal Ultrasound that includes Pelvis

- Nothing to eat or drink after midnight the night before the exam or for 6 hours before, if you have an afternoon appointment.
- **And** – you must have a full bladder. Finish drinking **FOUR** (250 ml) glasses of water 1 hour before your appointment. **Keep your bladder full.**

PREP 3

- Obstetric Ultrasound • Pelvic Ultrasound
- Bladder or Kidneys (Renal)

- You must have a full bladder. Finish drinking **FOUR** (250 ml) glasses of water 1 hour before your appointment. **Keep your bladder full.**

PREP 4

- Barium Enema

- **Two days before exam** – clear fluids only: water, clear juice, Gatorade, Powerade, consommé, tea, coffee, jello. **NO SOLID FOODS.**
 - **Day before exam** – Continue clear fluids
 - 5:00pm – drink one bottle of Magnesium Citrate laxative (300 ml)
 - 7:00pm – take 3 Dulcolax tablets (5mg) by mouth
 - **Day of exam** – 1 glass of water (250 ml) or clear fluid
- **take all regular meds throughout prep period
- **If you are diabetic and take insulin consult your doctor before starting this prep

MAMMOGRAPHY

- No prep required for walk-in screening mammography. For scheduled mammography: do not use deodorant, body powder or lotion before the exam.

If possible, refrain from caffeine.

NUCLEAR MEDICINE

- HIDA Scan - Nothing to eat or drink after midnight the night before the exam.
- MIBI or Stress Test - **Nothing to eat or drink for 4 hours before the exam (2 hours if diabetic). No caffeine for 24 hours prior to exam. Wear comfortable clothing.**
- Thyroid Scan - Do not take thyroid medications for 4 weeks before the exam.

MRI and CT* (Abdomen or Pelvis)

- Nothing to eat or drink 4 hours before the procedure. You may take your medication with water.
- No prep for all other exams.

*not covered by Alberta Health

PAIN MANAGEMENT

No prep required.
Please arrange for a ride home.

Remember: You will need the imaging requisition your doctor gave you, your Alberta Healthcare Card* and one piece of photo ID.

*or other Provincial Healthcare Card (except Quebec)
For more information visit www.x-ray.ca/prep

To Book Your Exam Call 780-669-2222

We Accept All Imaging Requisitions
Toll Free: 1-866-771-9446 | Fax: 780-930-1593

*no appointment needed for general x-ray or ECG

🕒 Extended Hours ❤️ ECG

EDMONTON WEST

- **Callingwood**
224B, 6655 - 178 Street T5T 4J5
Monday - Friday: 9:00 am - 5:00 pm
 - X-Ray
- **Meadowlark Diagnostic Imaging** ❤️
200 Meadowlark Health Centre
156 Street 89 Avenue T5R 5W9
Monday - Friday: 7:30 am - 5:00 pm
 - X-Ray • Ultrasound • Nuclear Medicine
 - Digital Mammography • ECG
 - Pain Management • CT & MRI
 - Breast Biopsy & Interventions
 - Body Composition Analysis
 - Bone Densitometry (including pediatric)
- **Meadowlark Cardiac Lab**
234 Meadowlark Health Centre
156 Street 89 Avenue T5R 5W9
Monday - Friday: 7:30 am - 3:30 pm
 - MIBI Myocardial Perfusion Scan
 - Ambulatory Blood Pressure Monitoring
 - Holter Monitor (Arrhythmia Assessment)
 - Exercise Stress Test

- **West End** 🕒 ❤️
B1, 9509 - 156 Street T5P 4J5
Monday - Friday: 7:30 am - 8:00 pm
Saturday - Sunday: 10:00 am - 5:00 pm
Statutory Holidays: 10:00 am - 5:00 pm
 - X-Ray • Ultrasound • GI Fluoroscopy
 - Vascular Ultrasound • ECG

EDMONTON NORTH

- **Castledowns** 🕒 ❤️
15309 Castledowns Road T5X 6C3
Monday - Friday: 7:30 am - 9:00 pm
Saturday - Sunday: 9:00 am - 5:00 pm
Statutory Holidays: 9:00 am - 5:00 pm
 - X-Ray • Ultrasound • Pain Management
 - GI Fluoroscopy • Bone Densitometry
 - Body Composition Analysis • ECG
 - Digital Mammography • Nuclear Medicine
- **Hermitage** 🕒 ❤️
12779 - 50 Street T5A 4L8
Monday - Friday: 7:30 am - 9:00 pm
Saturday - Sunday: 9:00 am - 5:00 pm
Statutory Holidays: 9:00 am - 5:00 pm
 - X-Ray • Ultrasound • Pain Management
 - GI Fluoroscopy • Digital Mammography
 - Body Composition Analysis • ECG
 - Bone Densitometry

EDMONTON DOWNTOWN

- **Oliver Square** 🕒 ❤️
11560 - 104 Avenue T5K 2S5
Monday - Friday: 7:30 am - 9:00 pm
Saturday - Sunday: 9:00 am - 5:00 pm
Statutory Holidays: 9:00 am - 5:00 pm
 - X-Ray • Ultrasound • Pain Management
 - Bone Densitometry • Digital Mammography
 - ECG • Nuclear Medicine
 - Body Composition Analysis

EDMONTON SOUTH EAST

- **Millwoods** 🕒 ❤️
6466 - 28 Avenue T6L 6N3
Monday - Friday: 7:30 am - 9:00 pm
Saturday - Sunday: 9:00 am - 5:00 pm
Statutory Holidays: 9:00 am - 5:00 pm
 - X-Ray • Ultrasound • Pain Management
 - Digital Mammography • Nuclear Medicine
 - MIBI Myocardial Perfusion Scan • ECG
 - Exercise Stress Test • Body Composition Analysis
 - GI Fluoroscopy • Bone Densitometry

EDMONTON EAST

- **Capilano**
10147 - 50 Street T6A 2C1
Monday - Friday: 9:00 am - 5:00 pm
 - X-Ray

EDMONTON SOUTH

- **Calgary Trail**
10411 - 51 Avenue T6H 0K4
Monday - Friday: 9:00 am - 5:00 pm
 - X-Ray
- **Heritage** 🕒 ❤️
2049 - 111 Street T6J 4V9
Monday - Friday: 7:30 am - 9:00 pm
Saturday - Sunday: 9:00 am - 5:00 pm
Statutory Holidays: 9:00 am - 5:00 pm
 - X-Ray • Ultrasound • Pain Management
 - ECG • Digital Mammography
 - GI Fluoroscopy • Body Composition Analysis
 - Bone Densitometry

- **Lendrum** ❤️
10381 - 51 Avenue T6H 0K4
Monday - Friday: 7:30 am - 4:30 pm
 - Digital Mammography • Bone Densitometry
 - Ultrasound • Breast Biopsy & Interventions
 - Body Composition Analysis (including pediatric)
 - ECG

LEDUC

- **Leduc** ❤️
5307 50 Avenue T9E 6T2
Monday - Friday: 7:30 am - 5:00 pm
 - X-Ray • Ultrasound • Pain Management
 - Digital Mammography • Nuclear Medicine
 - Bone Densitometry • GI Fluoroscopy
 - Body Composition Analysis • ECG

SHERWOOD PARK

- **Sherwood Park** 🕒 ❤️
136 Athabasca Avenue T8A 4E3
Monday - Friday: 7:30 am - 8:00 pm
Monday - Friday (x-ray): 8:15 am - 8:00 pm
Saturday - Sunday: 9:00 am - 5:00 pm
Statutory Holidays: 9:00 am - 5:00 pm
 - X-Ray • Ultrasound • Pain Management
 - Digital Mammography • Nuclear Medicine
 - GI Fluoroscopy • Body Composition Analysis
 - ECG • Bone Densitometry

SPRUCE GROVE

- **Spruce Grove** 🕒 ❤️
107 - 505 Queen Street T7X 2V2
Monday - Friday: 7:30 am - 9:00 pm
Monday - Friday (x-ray): 8:30 am - 9:00 pm
Saturday - Sunday: 9:00 am - 5:00 pm
Statutory Holidays: 9:00 am - 5:00 pm
 - X-Ray • Ultrasound • Pain Management
 - Digital Mammography • Nuclear Medicine
 - GI Fluoroscopy • Body Composition Analysis
 - ECG • Bone Densitometry

FORT MCMURRAY

- **Fort McMurray** ❤️
River City Centre #404 Lower Level
8600 Franklin Avenue T9H 4G8
Monday - Friday: 7:30 am - 5:00 pm
 - X-Ray • Ultrasound • Bone Densitometry
 - Digital Mammography • Nuclear Medicine
 - MIBI Myocardial Perfusion Scan • ECG
 - Exercise Stress Test • Body Composition Analysis



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*or other Provincial Healthcare Card (except Quebec)