

# Diagnostic Imaging Exam Prep Instructions

## Prep 1

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

or

- Abdominal Ultrasound

- 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.**

## Mammography

- For scheduled mammography: do not use deodorant, body powder or lotion before the exam.
- No prep required for walk-in screening mammography.
- 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). Early morning appointments may have a slice of toast or granola bar 2 hours before your exam. **No caffeine for 24 hours** prior to exam (chocolate, pop, tea, decaffeinated beverages, protein powders, vitamin water etc). **Continue to drink water up to 1 hour before** your appointment and wear comfortable clothing.
- Thyroid Scan - Do not take thyroid medication for 4 weeks before the exam

## MRI and CT\*

### (Abdomen or Pelvis)

- **Nothing to eat or drink for 4 hours before** the procedure. You may take your medication with water.
- Medications (except Glucophage/Metformin) may be taken as usual.
- Diabetic patients taking Glucophage or Metformin must consult with their doctor prior to and after the CT scan
- No prep for all other exams.

\*not covered by Alberta Health

## Pain Management

- No prep required.
- **Depending on the procedure, you may require a driver.** Central Booking agent will provide you with instructions.

For more information visit [www.x-ray.ca/prep](http://www.x-ray.ca/prep)

**Remember: You will need the imaging requisition your doctor gave you, your Alberta Healthcare card or other Provincial Healthcare card (except Quebec) and one piece of photo ID.**

# To Book Your Exam Call 780-669-2222




## We Accept All Imaging Requisitions

Toll Free: 1-866-771-9446 | Fax: 780-930-1593 | Toll Free Fax: 1-855-930-1593



\*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 • Mammography  
• Nuclear Medicine • MRI & CT  
• Breast Biopsy & Interventions  
• Bone Densitometry (including pediatric)  
• Body Composition Analysis • ECG
- **Meadowlark Pain Management**  
216 Meadowlark Health Centre  
156 Street 89 Avenue T5R 5W9  
Monday - Friday: 8:00 am - 3:30 pm
- **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  
Weekends: 9:00 am - 5:00 pm  
• X-Ray • Ultrasound • GI Fluoroscopy  
• Vascular Ultrasound • ECG


### EDMONTON SOUTH EAST

- **Millwoods**    
6466 - 28 Avenue T6L 6N3  
Monday - Friday: 7:30 am - 9:00 pm  
Weekends & Holidays: 9:00 am - 5:00 pm  
• X-Ray • Ultrasound • Mammography  
• GI Fluoroscopy • Pain Management  
• Nuclear Medicine  
• Cardiac Stress Testing (MIBI)  
• Bone Densitometry  
• Body Composition Analysis • ECG





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\*or other Provincial Healthcare Card (except Quebec)




### EDMONTON CENTRAL

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

### EDMONTON NORTH

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


### 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  
Weekends & Holidays: 9:00 am - 5:00 pm  
• X-Ray • Ultrasound • Pain Management  
• Mammography • GI Fluoroscopy  
• Bone Densitometry  
• Body Composition Analysis • ECG
- **Lendrum**   
10381 - 51 Avenue T6H 0K4  
Monday - Friday: 7:30 am - 4:30 pm  
• Ultrasound • Mammography  
• Bone Densitometry  
• Breast Biopsy & Interventions  
• Body Composition Analysis  
(including pediatric) • ECG



### EDMONTON EAST

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


### LEDUC

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


### SHERWOOD PARK

- **Sherwood Park**    
136 Athabasca Avenue T8A 4E3  
Monday - Friday: 7:30 am - 8:00 pm  
Saturday: 9:00 am - 5:00 pm  
• X-Ray • Ultrasound • Pain Management  
• Mammography • GI Fluoroscopy  
• Nuclear Medicine • Bone Densitometry  
• Body Composition Analysis • ECG

### 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: 9:00 am - 5:00 pm  
• X-Ray • Ultrasound • Pain Management  
• Mammography • GI Fluoroscopy  
• Nuclear Medicine • Bone Densitometry  
• Body Composition Analysis • ECG

### 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 • Mammography  
• Nuclear Medicine • Bone Densitometry  
• MIBI Myocardial Perfusion Scan  
• Body Composition Analysis • ECG

  
www.x-ray.ca

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