

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

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





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)




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

For more information visit www.x-ray.ca/prep