

## ULTRASOUND

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### PREGNANCY, PELVIC , TRANSVAGINAL, & RENAL / URINARY TRACT SCAN:

Your bladder must be full at the time of your appointment to enable your scan to proceed. Please drink at least 1 litre of water, finishing 1 hour prior to your scheduled appointment time. Please do not empty your bladder or your appointment will need to be rescheduled (if you are unable to hold on, you may *partly* empty your bladder).

### UPPER ABDOMEN SCAN:

A 6 hour fast is required. Please do not smoke, eat or drink anything (except clear fluid) for 6 hours prior to your appointment. If you are a diabetic, please advise our reception staff when making your appointment.

### ABDOMINAL DOPPLER SCAN:

An 8 hour fast is required. Please do not smoke or eat anything for 8 hours prior to your appointment, but you will need to drink at least 1 litre of water 1 hour prior to your appointment time. As this is to assist in hydration you are not required to retain a full bladder. If you are a diabetic, please advise our reception staff when making your appointment.

### THYROID, BREAST & PERIPHERAL DOPPLER SCAN:

No preparation is required.

### VASCULAR / MUSCULOSKELETAL SCAN:

No preparation is required.

### ULTRASOUND PROCEDURES FOR CHILDREN & BABIES:

When contacting our clinic to make an appointment, please inform our reception staff of the child's age and the examination being requested. You will then be advised of the appropriate preparation.

## C.T. SCANS

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### NECK, CHEST, PELVIS, ABDOMINAL, ANGIOGRAPHY OR BRAIN SCAN:

Please do not eat or drink anything (except water) for 4 hours prior to your appointment.

### ALL OTHER C.T. SCANS:

No preparation is required.

Please notify our staff if you have a history of seafood or iodine allergies, diabetes, asthma or if you've had previous contrast reaction. You should continue to take prescription medications as per normal.

## I.V.P.

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NQXS will advise you of the correct preparation for this procedure. Please notify our staff if you have a history of seafood or iodine allergies, diabetes, asthma or if you've had previous contrast reaction. You should continue to take any medication as per normal but please do not eat or drink anything (except water) for 4 hours prior to your appointment.

## BONE DENSITOMETRY (DEXA SCAN)

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No preparation is required for this procedure. However, this procedure should not be performed 1 week after a Barium study or within 3 days of a Nuclear Medicine examination. Please wear loose fitting clothing to your appointment and ensure your clothes do not consist of any metal fasteners or zips.

## MAMMOGRAPHY

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For your own comfort, this procedure should not be performed within 10 days of commencing your period. Please do not use aluminium-based underarm talc, deodorant or perfume, and ensure that there is no talcum powder on your breasts. Please wear a two-piece outfit, and ensure that you bring any previous mammograms or ultrasounds with you for