

**McLaren Port Huron**  
**Patient Prep Instructions for Medical Imaging Exams**

- Prep A:** No eating, drinking, or chewing gum 8 hours prior to exam.
- Prep B:** Patient must not be pregnant. If nursing, please contact the Nuclear Medicine Department at (810) 989-3251. No radioactivity 24 hours prior to the exam.
- Prep C:** Drink 32 ounces of any kind of fluids 1 hour prior to exam. May empty bladder if necessary. Notify ordering physician that diuretic medications should be avoided 24 hours prior to exam for optimal results.
- Prep D:**
  1. On the day before the exam, follow a clear liquid diet.
  2. Start the NuLYTELY Bowel prep kit (obtained from pharmacy with prescription from physician) at the times listed below (not by box instructions).
  3. At 3:00 p.m., swallow both Bisacodyl tablets with water. Do not chew or crush tablets, or take them within one hour of taking an antacid.
  4. At 5:30 pm, mix the NuLYTELY solution as per the directions on the bottle. Drink 1 (8 oz) glass every 10 minutes (about 8 glasses). Drink each glass quickly rather than drinking small amounts continuously. Be sure to drink all the solution.
  5. Nothing to eat or drink after midnight. (NOTE: Exam should be done at least 5 days before an Upper GI.)
- \*SUPREP bowel prep kit is not recommended for this exam\*
- Prep E:** Drink 32 ounces of any kind of fluids (no milk) one hour prior to exam. Do not urinate after drinking the fluids. (Example: If you have a 4:00 appointment, you should be finished drinking by 3:00.)
- Prep F:** May eat or drink as usual, but do not urinate 1 hour prior to the exam as the bladder is also examined.
- Prep G:** Advance screening and consent required. Please call (810) 989-3270 at least 48 hours prior to exam.
- Prep H:** Exam must be performed on or before the 10<sup>th</sup> day after onset of menstruation. Exam will not be done if patient is spotting. Abstinence or contraception is necessary for 7-10 days prior to test. Screening and consent required. Please call (810) 989-3270 at least 48 hours prior to exam.
- Prep I:** Do not wear deodorant, powder, or lotion on the breast or underarm area on the day of your appointment. Patient must not be pregnant.
- Prep J:** No barium, nuclear, or contrast enhanced studies 2 weeks prior to this exam.
- Prep K:** Nothing to eat or drink 2 hours prior to exam. Arrive 30 minutes early to drink oral contrast solution. (You may need to arrive an hour early if labs are needed.) Notify staff if you are allergic to iodine.
- Prep L:** Nothing to eat or drink 2 hours prior to exam. Arrive 90 minutes early to drink oral contrast solution. Notify staff if you are allergic to iodine.
- Prep M:** Nothing to eat or drink 2 hours prior to the exam.
- Prep N:** Chest x-ray required within 18 hours of scan for comparison.
- Prep O:** Nothing to eat or drink for 2 hours prior to exam. Advance screening and consent required. Certain drugs interfere with this test (Phenothiazine derivatives, Tricyclic antidepressants, CNS stimulants, psychoactive medications). Confirm medication orders with your physician.
- Prep P:** Nothing to eat or drink for 4 hours prior to exam. Bring formula to Nuclear Medicine Department to feed patient. No radioactivity 24 hours prior to the exam.
- Prep Q:** Patient must be able to lie still for 40 minutes. Please notify the MRI Department at (810) 987-2428 if you have any of the following: Cardiac pacemaker; Neurostimulator (TENS) or other implant or electronic device; known or possible metal fragments in body; middle ear prosthesis/surgery; eye prosthesis/surgery, or permanent eye lenses/permanent eye liner
- Prep R:** Nothing to eat or drink for 6 hours prior to exam. Demerol and Morphine should be avoided 12 hours prior to exam for optimal results. Confirm medication orders with your physician.
- Prep S:** Nothing to eat or drink after 12 midnight. The drugs listed below interfere with these tests. Confirm medication orders with your physician.  
Stress Myocardial Spect: Beta Blockers and Calcium Channel Blockers  
Pharmacological Stress Myocardial Spect: Beta Blockers, Calcium Channel Blockers, Persantine, Theophylline (and products containing Theophylline such as Constant-T, Primatene, Quibron, Slo-Phylline, Theo-Dur), and inhalers used for asthma.
- Prep T:** Certain drugs interfere with this test (thyroid medications/iodinated contrast). Confirm medication orders with your physician.
- Prep U:** Nothing to eat 2 hours prior to exam and 1 hour after exam. Avoid the following for 1 week prior to exam: vitamin/mineral supplements, fish/shellfish, kelp/seaweed, cough medicines/expectorants. Certain drugs interfere with this test (PTU, Tapazole, SSKI, Lugols solution). Confirm medication orders with your physician.
- Prep V:** No smoking after midnight. No caffeine or products that contain caffeine (i.e. Anacin, Excedrin, colas, chocolates) for 24 hours prior to exam.
- Prep W:** Use a Fleets enema 2 hours prior to the exam.
- Prep X:** Drink 32 ounces of any kind of fluids 1 hour prior to the exam. May empty bladder if necessary. No smoking after midnight. No caffeine or products that contain caffeine (i.e. Anacin, Excedrin, colas, chocolates) for 24 hours prior to exam. Certain drugs interfere with this test (Captopril, Enalapril, Lisinopril, Micardis, blood pressure medications). Confirm medication orders with your physician.