

If you are unable to keep your appointment please give 24 hours notice

Ultrasound

Transrectal:

- 1) Purchase a FLEET ENEMA from a pharmacy. Follow the instructions in the package. Take the ENEMA two hours before the appointment time.
- 2) Drink 4 large glasses (32 oz/1 litre) of water **1 HOUR BEFORE YOUR APPOINTMENT**. Do NOT go to the washroom until after the examination is complete.

Prostate: Drink 4 large glasses (32 oz/1 litre) of water **1 HOUR BEFORE YOUR APPOINTMENT**. Do NOT go to the washroom until after the examination is complete.

Abdomen Includes studies of the GALL BLADDER, PANCREAS, SPLEEN, LIVER, KIDNEYS, and AORTA:
MORNING APPOINTMENT (BEFORE 1PM): No solid foods or liquids after midnight. You are required to have an empty stomach.
AFTERNOON APPOINTMENT (AFTER 1PM): You may eat a light breakfast (dry toast, black tea or coffee, juice) before 8:00am. No dairy products. Do not eat lunch as you are required have an empty stomach.

Pelvis or Obstetrical: Drink 4 large glasses (32 oz/1 litre) **1 HOUR BEFORE YOUR APPOINTMENT**. Do NOT go to the washroom. You may eat regularly.

Abdomen and Pelvis / Prostate OR Renal Arteries:
Preparation same as **Abdomen**. Drink 4 large glasses of water (32 oz/1 litre) **1 HOUR BEFORE YOUR APPOINTMENT**. Do NOT go to the washroom until after the examination is complete.

Sonohysterogram: You must have a full bladder. Drink 4 large glasses of water (32 oz/1 litre) **1 HOUR BEFORE YOUR APPOINTMENT**. Do NOT go to the washroom. Take two Advils **1 hour before your appointment**. Please bring a sanitary pad with you. Exam is to be done 10 days after your menstrual cycle.

Musculoskeletal Ultrasound, Transvaginal Ultrasound, Breast Ultrasound, Echocardiogram (heart), Thyroid (neck), Doppler:
No preparation necessary

X-RAY

X-Ray – If there is a possibility you may be pregnant, please contact your physician prior to the X-Ray.

Upper G.I. Series, Small Bowel Follow Through & BA Swallow:
Nothing to eat or drink after midnight. Patients are expected to fast through to the end of the procedure. (Booked for morning only)

Note: Small Bowel Follow Through: Patients must stay at facility for up to 2 hours; imaging will be done throughout the entire time.

Barium Enema (Large bowel X-Ray): Starting the day before examination: All meals are clear fluid diet only; clear fruit juice, bouillon, tea, Jell-O. No cream or fruit. Drink lots of water. The total fluid intake should be at least six 8 oz. glasses. At 6:00 pm, take 1/2 bottle of Magnesium Citrate (Citromag). If no result by 8:00 pm, take remaining 6 oz. and 2 Ducolax tablets with 2 glasses of water. On the morning of the exam, use a Ducolax rectal suppository. A glass of clear fluids is allowed. Be sure to DRINK ALL FLUID SPECIFIED.

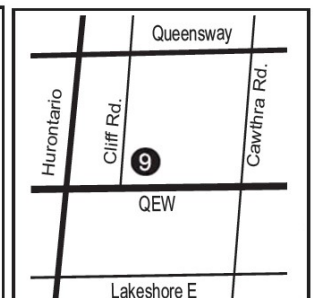
Mammography: On the day of the examination: After showering, do not use deodorant, antiperspirant or talcum powder under the arms or on chest, as these particles may show up on the mammogram. Please wear a 2-piece outfit for your comfort.

Bone Mineral Densitometry: No preparation necessary

Patients who do not speak English must be accompanied by a translator.

This requisition can be taken to any licensed facility providing healthcare services. For more info, visit:

<http://www.health.gov.on.ca/en/public/programs/ihf/default.aspx>



- ❶ 101 - 3170 Lake Shore Blvd W., Etobicoke (Lake Shore & Kipling)
- ❸ 100 - 2010 Eglington Ave. W., Toronto (Eglington & Dufferin)
- ❺ 203 - 960 Lawrence Ave. W., Toronto (Lawrence & Dufferin)
- ❷ 5th floor - 150 Eglington Ave. E., Toronto (Eglington & Redpath)
- ❹ 309-2021 Cliff Rd, Mississauga (QEW & Hurontario)

- ❷ LL30 - 4600 HWY 7 W., Woodbridge (Pine Valley & Hwy 7)
- ❹ 106 - 2221 Keele St., Toronto (Keele & Ingram)
- ❸ 202 - 2190 Yonge St., Toronto (Yonge & Eglington)
- ❹ 114 - 2737 Keele St., Toronto (Keele & 401)