

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 2 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 to 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.

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.

Mammography: On the day of the exam: 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

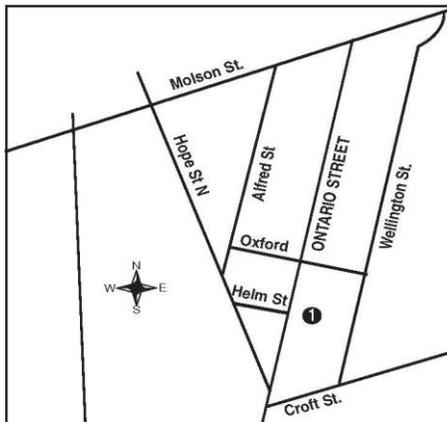
For Office Use

Code	Description	Tech Initials

Port Hope Clinic

Suite 110-249 Ontario St. Port Hope, ON L1A 3Y9

Hours: Mon-Thurs: 8 am -5 pm, Fri: 8 am - 3:30 pm



Belleville Clinic

301-210 Dundas St. E, Belleville, K8N 5G8

Hours: Mon. – Fri. 8 am – 4:30 pm



① Port Hope Clinic ② Belleville Clinic

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>