

Fred S. Vernacchia, M.D.
Medical Director

Archana Lucchesi, M.D.
Neuroradiologist

Lisa M. Wieler, M.D.
Radiologist

Gary M. Hatch, M.D.
Radiologist

Kenneth D. Krone, M.D.
Radiologist



High Field MRI/Open Mid-field MRI
Positron Emission Tomography (PET)/CT
16-Slice Highspeed CT scanning
4-D Ultrasonography -Color Vascular Analysis
Mammography/Stereotactic Breast Biopsy
MR & CT Angiography
Radiography/Fluoroscopy
Needle Biopsies
3D Bone Mineral Analysis
Total Body/Heart Screening
Virtual Colonoscopy

BE PREPARATION

Appointment Date: _____ Time: _____

DAY BEFORE EXAM (Check as completed)

- 8:00 a.m. Eat light meal (see below for diet information).
- 9:00 a.m. Drink 8 oz. clear liquid (see below for diet information).
- 10:00 a.m. Drink 8 oz. clear liquid.
- 11:00 a.m. Drink 8 oz. clear liquid.
- 12:30 p.m. (or ½ hour before meal) take Tridrate Dry package. Pour contents (1 ½ oz.) into one half glass of cool clear liquid. Drink, follow immediately with one full glass of water. (For purposes of mixing with Tridrate Dry package only, tomato and orange juice are allowable as well as soft drinks. Tomato and orange juice are not allowable for use as clear liquids). Take light liquid meal (bullion, clear fruit juice and plain jello). No solid foods. No dairy products (milk, cream, or cheese).
- 2:00 p.m. Drink 8 oz. clear liquid.
- 3:00 p.m. Drink 8 oz. clear liquid.
- 4:00 p.m. Drink 8 oz. clear liquid.
- 6:00 p.m. Take 3 yellow pills with light liquid meal. No solids, no dairy products.

DAY OF EXAM

Do not eat breakfast. Clear water or clear juice is allowable until one hour before exam unless doctor indicates otherwise.

At least one hour before leaving for your exam:

Use Tridrate Bisacodyl Suppository. Remove foil wrap from suppository. Lie on side. Insert rounded end of suppository first. Push in gently as far as possible into the rectum. Wait 15 minutes before evacuating even if urge is strong.

If you have followed all instructions carefully, your system should now be clean, clear and ready for examination.

ABOUT DRINKING LIQUIDS

In preparing yourself for examination, you are instructed to drink a specific number of 8-ounce glasses of clear liquid. You must drink at least the number of glasses in the time period covered by the schedule you follow to be sure that your body does not become dehydrated. This fluid also plays an important role in clearing and flushing out your system. The liquids you drink may be clear citrus fruit juices and other juices such as apple, cranberry or grape; tea or coffee without milk or cream; or plain water. Soft drinks may be taken unless physician indicates otherwise. The number of glasses of liquid specified are in addition to all the other fluids you take. You may drink more than the number specified, but not less.

ABOUT MEALS

The prescribed diet does not allow you to consume foods which will leave solid residue matter in your bowel. The foods that you should consume should be clear liquid and low residue. Foods allowed include black coffee or tea, clear soups (fat-free) and clear fruit juices, small portions of fowl (white meat only) or fish, plain gelatin and white bread (no butter). Foods that you should not eat include vegetables, fruits or nectars (only clear juices allowed), nuts, fats, butter, milk or any milk product, fried foods, beef, pork or lamb, and whole grain cereals.

IF YOU ARE DIABETIC, PLEASE CALL OUR OFFICE BEFORE STARTING PREPARATION.