

Exam Preparations:

IF THERE IS A CHANCE YOU MAY BE PREGNANT, PLEASE CONTACT YOUR PHYSICIAN PRIOR TO YOUR APPOINTMENT

GENERAL X-RAY: no preparation required.

BMD: patients are asked to wear pants with no zipper or metal attachments.

MAMMOGRAPHY: Please do not use deodorant, antiperspirant or talcum powder after showering the day of the examination. Stay on a caffeine-free diet for 48 hours prior to exam date to minimize discomfort of compression required for optimal examination. Wear a two-piece outfit.

GASTRIC STUDIES:

Low residue meal examples: Clear soup, chicken or tuna sandwich on white bread without lettuce, jello, skim/1% milk)

Clear Fluid examples: (water, pop, apple juice, Gatorade, black tea or coffee, popsicles)

UPPER GI SERIES/BARIUM SWALLOW:

- Nothing to eat or drink after 11:00pm on the day prior to the test including the morning of
- No smoking or chewing for 8 hours prior to the appointment time

SMALL BOWEL FOLLOW THROUGH (alone or in combination with Upper GI/Ba Swallow)

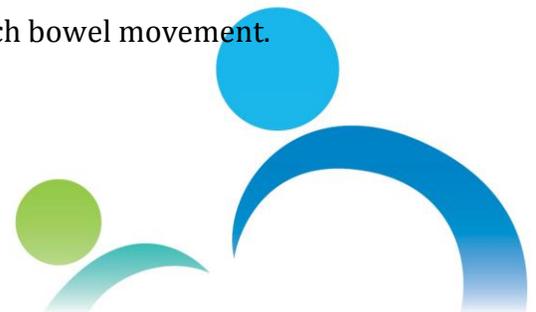
One day prior to test:

- 6 hours prior to taking CITROMAG, drink a full glass of clear fluid every hour
- 12:00 noon eat a low residue lunch
- 4:00 pm take one bottle of CITROMAG

Thereafter, drink plenty of clear fluids every hour and after each bowel movement.

Morning of Exam:

- Nothing to eat or drink



- No smoking or chewing for 8 hours prior to the appointment time

BARIUM ENEMA

Two days prior to test:

- Eat a low residue lunch and dinner

One day prior to test:

- Clear fluids ONLY
- 6 hours prior to taking CITROMAG, drink a full glass of clear fluid every hour
- 4:00 pm take one bottle of CITROMAG

Thereafter, drink plenty of clear fluids every hour and after each bowel movement.

If results of the CITROMAG laxative are poor, take one or two oral DULCOLAX tablets prior to bedtime

Morning of Exam:

- **DO NOT EAT.**
- Drink 4-8 ounces of apple juice, pop or Gatorade

IVP (Intravenous Pyelogram)

One day prior to test:

- 6 hours prior to taking CITROMAG, drink a full glass of clear fluid every hour
- 12:00 noon eat a low residue lunch
- 4:00 pm take one bottle of CITROMAG

Thereafter, drink plenty of clear fluids every hour and after each bowel movement.

Morning of Exam:

- **DO NOT EAT**
- **Have clear fluids only and continue to drink clear fluids every hour up to appointment time**