

**IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT
PLEASE CALL (931) 528-1800 or TOLL FREE (877) 528-8898 24 HRS PRIOR TO APPOINTMENT**

PATIENT INSTRUCTIONS

Please follow instructions for the examination indicated, unless physician has informed you to the contrary.

Since there are different preparations for children, please call Premier at (931) 528-1800 for specific instructions or any questions.

IF THERE'S A CHANCE YOU COULD BE PREGNANT, PLEASE INFORM YOUR PHYSICIAN AND PREMIER.

☐ **MAGNETIC RESONANCE IMAGING**

NOTE: IF YOU HAVE HAD ANY MEDICAL DEVICE IMPLANTED IN YOUR BODY OTHER THAN JOINT REPLACEMENTS, PLEASE BRING THE MEDICAL DEVICE ID CARD WITH YOU SO WE CAN VERIFY THAT IT IS SAFE FOR MRI SCANNING PURPOSES. IF YOU HAVE ANY BODY PIERCINGS (JEWELRY, RINGS, STUDS, THAT YOU CANNOT REMOVE, HAVE THEM REMOVED PRIOR TO YOUR ARRIVING AT PREMIER FOR YOUR EXAM.

- No prep required for the majority of MRI exams.
- MRCP scheduled in the morning – NPO after midnight
- MR- ABDOMEN or PELVIS should be scheduled in the morning – NPO after midnight
- MRI patient questionnaire form can be downloaded from www.premierdiagnostic.com and completed prior to arrival

☐ **CT HEAD-CHEST-NECK WITH IV CONTRAST**

- Clear Liquids four hours prior to exam.
- Black Coffee OK
- Take Medications as Usual

☐ **CT ABDOMEN AND/OR PELVIS**

- Clear Liquids four hours prior to exam.
- Black Coffee OK
- Take Medications as Usual

☐ **MAMMOGRAPHY**

- If possible on the day of the exam, do not wear deodorant or talcum powder.

☐ **ULTRASOUND PELVIS AND/OR OB**

- One hour before exam, drink 32 oz. of fluid.
- Bladder must be full upon arrival; do not empty bladder.

☐ **BARIUM SWALLOW**

- No prep instructions needed.

☐ **ULTRASOUND ABDOMEN**

- NPO after midnight if study is scheduled in the morning. [No Food].
- NPO at least 6 hours prior to exam if scheduled in the afternoon.
- During the afternoon fast, patient may drink clear liquids such as black coffee, tea, and water. Do not drink anything that contains fat or sugar.
- Patient to bring most recent images of abdomen for comparison.
- (This is especially important if the reason for the ultrasound exam is due to findings on another imaging examination). Patient to arrive 20 minutes prior to exam.

☐ **GI SERIES**

- Nothing by mouth after midnight the night before the examination
- Nothing by mouth the day of the exam
- For pediatric examinations, infants up to 24 months - nothing by mouth four hours prior to study
- For pediatric examinations, 24 months and older - nothing by mouth after midnight

☐ **BARIUM ENEMA AND AIR CONTRAST BARIUM ENEMA**

- Patient to pick up barium enema instructions at Premier.

☐ **INTRAVENOUS PYELOGRAM (KIDNEY)**

Day before examination:

5:30 pm: one cup clear soup, one serving of plain jello

6:00 pm: drink 2 oz. glass of milk of magnesia, one glass of fruit juice, one chicken or turkey sandwich.

Day of examination: clear liquids breakfast - patient may have black coffee, apple juice, or water. Take medications as usual.

☐ **VIRTUAL COLONOSCOPY**

- Patient to pick up special Virtual Colonoscopy prep kit and instruction information at Premier.

☐ **LUMBAR EPIDURAL STEROID INJECTIONS**

-Patient should stop anticoagulants listed below:

Coumadin = Patient must be off 5 days prior to exam

Plavix = Patient must be off 7 days prior to exam

-Patient is not permitted to drive after the ESI and must have a driver present

-No solid food 4 hours prior to exam; May have clear liquids until 1 hour prior to exam

-Patient must bring a current list of medications on the day of examination.

-Notify PDI nurse and/or technologist if allergic to IV contrast or Iodine prior to exam date.



From I-40

Take Exit 287

Turn North on Jefferson Ave.

Continue on Jefferson Ave. approx. 2.2 miles

Turn Right on Spring Street, go one block

Turn Left on N. Washington Ave.

Continue on N. Washington past 2nd traffic light to
315 No. Washington on Right side.

From Highway 111

Exit Hwy 70 N (Cookeville/Monterey Exit)

Turn on Spring Street toward Cookeville (West)

Turn Right on N. Washington Ave.

Continue on N. Washington past 2nd traffic light to
315 N. Washington on Right side.