



**Drs. Maklansky, Kurzban, Cohen, Zimmer, Hyman, Berson, Maklansky**

NEW YORK MEDICAL IMAGING Associates  
Tel: 212.535.9770 • Fax: 212.988.1520

165 East 84th Street, New York, NY 10028  
www.NYMIassociates.com

## **EXAM PREPARATION INSTRUCTIONS**

### **MRI**

There are no dietary restrictions prior to your MRI examination

Head/Neck MRI: Do not wear any eye make-up.

Please call our office before your appointment if any of the following apply:

- Surgical Vascular Clips
- Neurostimulators
- Cochlear Implants
- IVC Filter
- Breast Tissue Expander
- Penile Implants
- Pacemaker
- Claustrophobia
- Silver Backed Dermal Patches

Music is available during the examination.

Please feel free to bring a CD.

### **ULTRASOUND**

Pelvic/Obstetrical US: Drink one quart of water 2 hours prior to exam. Do not urinate after drinking water. Your bladder must be full for the sonogram.

Transvaginal US: No preparation necessary.

Abdomen/Gallbladder US: Clear liquid diet for 12 hours prior to exam. Liquids include clear juices such as apple, cranberry and grape, clear soups, Jell-O, coffee or tea. No milk products or carbonated beverages. Nothing to eat/drink for 6 hours.

Renal US: Clear liquid diet for 12 hours prior to exam. Liquids include clear juices such as apple, cranberry and grape, clear soups, Jell-O, coffee or tea. No milk products or carbonated beverages. Nothing to eat/drink for 3 hours.

Thyroid/Scrotal/Doppler US: No preparation necessary.

### **NM (NUC MED)**

It is beneficial to increase your fluid intake following the examination to help eliminate any radioactive material that may remain in your system.

### **PET/CT**

Avoid strenuous activities on the day before the PET examination. Excessive muscular activity may interfere with interpretation of the scan.

Patients need to fast after midnight or at least six hours prior to their examination with the exception of water, and should be well hydrated. On the night before the exam, eat a high-protein, low-carb dinner.

If you are diabetic, please bring your medication and a light snack with you. Make sure that our staff is aware of your condition ahead of time. Patients taking insulin will need to have their insulin adjusted.

Please be prepared to stay with us for approximately three to four hours.

Daniel Maklansky, M.D.  
Alain D. Hyman, M.D.

Jerold Kurzban, M.D.  
Barry D. Berson, M.D.

Burton A. Cohen, M.D.  
Joseph J. Maklansky, M.D.

Jerald Zimmer, M.D.  
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## **CT SCAN**

If you have a history of an allergy to iodinated contrast, asthma, or a strong allergic history, please notify our office when scheduling the examination. Premedication may be necessary depending on the clinical history. If premedication is indicated, the radiologist or referring physician can call your pharmacy. Upon arrival at the office, please notify the front desk staff and the technologist that you have an allergic history, or have been premedicated.

Nothing to eat/no eating or drinking.

Head/Neck/Chest CT: Nothing to eat or drink 3 hours prior to the examination.

Abdomen/Pelvis CT: No eating or drinking for 3 hours prior to exam acceptable. Liquids include clear juices such as apple, cranberry and grape, clear soups, Jell-O, coffee or tea. No milk products or carbonated beverages.

Spine/Bone/Joint CT: No preparation necessary.

## **X-RAY**

Esophagram and/or GI and/or Small Bowel: Nothing to eat or drink 12 hours prior to the exam. After the study, take a laxative (3 tbsp. Milk of Magnesia).

Gi series/esoph –nothing to eat after midnight. Clear liquids up until 4 hours before exam. GISB –npo after midnight.

Barium Enema and Air Contrast: Clear liquid diet for 24 hours prior to the exam. Liquids include clear juices such as apple, cranberry, and grape, clear soups, Jell-O, coffee or tea. No milk products or carbonated beverages. At 8 PM the night before – drink one 10 oz. bottle of citrate of magnesia. At 10 PM the night before the exam – take 4 Duocolax pills with water. Beginning at 8 PM until bedtime, drink four 8-oz. glasses of water. On the morning of the exam you may have any liquid listed above. After the study, take a laxative (3 tbsp. of Milk Magnesia).

Plain X-Rays: No preparation necessary

## **BONE DENSITOMETRY (DEXA)**

Patients should not have had a Barium Study or a Nuclear Scan within two days of your bone density examination.

## **MAMMOGRAPHY**

Do not use powder, deodorant, lotion or perfume the day of the examination.

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