



Imaging Preparation and Parking Information

Patient preps on reverse. cedars-sinai.edu

For information and scheduling call: (310) 423-8000

Notes: _____



S. Mark Taper Foundation Imaging Center
 8705 Gracie Allen Drive
 Los Angeles, CA 90048
 Corner of San Vicente Blvd.
 & Gracie Allen Dr.
 (also known as Alden Dr.)
Valet and Drop Off in Front.
Valet and Self-Parking in Pavilion Parking

Susanne and Ervin Bard Pavilion
 127 S. San Vicente Blvd.,
 Suite A-2500, Plaza Level
 Los Angeles, CA 90048
Valet and Self-Parking Available in Pavilion Parking

Medical Office Towers
 8631 W. Third St.,
 Suite 120 East, 1st Floor
 Los Angeles, CA 90048
Pavilion Parking Suggested

Mark Goodson Building
 444 S. San Vicente Blvd.,
 Suite 106, Street Level
 Los Angeles, CA 90048
Parking On Site

Breast Health Services Building
 310 N. San Vicente Blvd.
 Los Angeles, CA 90048
Valet and Self-Parking On Site

PATIENT INFORMATION AND PREPARATIONS

Pediatrics: For children under 16, call (310) 423-8000 (option 1) and ask for specific pediatric preparation instructions, including sedation requirements.

CT

Abdomen and/or Pelvis (approx. visit time: 2-2½ hours) You may need oral contrast.

- Do not eat 3 hours before your exam. You may drink liquids.
- Take medications as prescribed.

Coronary CTA (approx. visit time: 2-3 hours)

- Continue taking all of your current medications.
- Do not take Viagra®, Cialis® or Levitra® for 48 hours before exam.

CT Virtual Colonography (approx. visit time: 1½ hour)

- For preps, please search our website: cedars-sinai.edu. Or call (310) 423-8000 (option 1).

All other CT studies (approx. visit time: 1 hour) No preparations are required.

INTERVENTIONAL/INTERVENTIONAL NEURORADIOLOGY

Please call (310) 423-2468 to schedule a patient and for prep information.

MRI

Abdomen and/or Pelvis (approx. visit time: 2 hours)

- Do not eat or drink 3 hours before exam.

Cholangiogram/MRCP (approx. visit time: 2½ hours)

- Do not eat or drink 8 hours before exam.

Dynamic Pelvic MR (approx. visit time: 2 hours)

- You must empty your bladder two hours before the exam and not void again until the exam is complete.

Enterography (approx. visit time: 2½-3 hours) You may need oral and rectal contrast before exam.

- Do not eat or drink 8 hours before exam.
- Take medications as prescribed with a sip of water.

Prostate or Spectroscopy of Prostate (approx. visit time: 2 hours)

- Use a saline Fleet Enema two hours before exam.

NUCLEAR CARDIOLOGY

For PET Myocardial Viability or PET Cardiac Sarcoidosis, you will be contacted with your preps.

Stress Myocardial Perfusion SPECT or Stress Myocardial Perfusion Rubidium PET (approx.

visit time: SPECT 3-4 hours; PET 1.5-2 hours):

- **DO NOT** alter any medications without consulting your physician.
- Consult your physician about going off beta blockers for 48 hours and calcium channel blockers 24 hours before your exam.
- Do not eat or drink caffeine products (chocolate, soda, tea, coffee or Excedrin®) for 24 hours before exam. *Note:* Decaffeinated products contain caffeine.
- Do not eat or drink for 3 hours before your appointment. Drinking water is okay.
- Bring all your medications or a list of them with doses.
- For SPECT exams, wear a comfortable 2-piece outfit and walking shoes.

NUCLEAR MEDICINE/MOLECULAR IMAGING

Biliary Scan (HIDA) (approx. visit time: 3 hours; Depending on the scan results, you may

need to return after 3 hours and/or 24 hours for another scan)

- Do not eat or drink anything 4 hours before exam.

FDG PET/CT Body & FDG PET/CT Brain (for Brain also see below) (approx. visit time: 3½ hours)

The following is for FDG PET only, for all other PET/CT exams, including neuroendocrine (NETSPOT) and prostate (PSMA), please see the "Preparing for Your Exam" section on our website.

- 48 hours before exam: Do not do any strenuous exercise or deep-tissue massage.
- 24 hours before exam: Stay on a VERY LOW-carbohydrate, NO-sugar diet. **Do NOT eat:** sweet foods or drinks; desserts or candy; fruits or fruit juices; starchy foods like cereal, potatoes, rice, pasta; milk, yogurt, nutritional shakes, or smoothies. Do NOT use chewing gum or mints. **You may eat** a HIGH PROTEIN diet including meat and poultry, eggs, nuts, and green vegetables. You may drink water and zero-calorie drinks.

PET/CT Preparation continues in next column.

- 6 hours before exam: Please do not eat or drink anything, with the exception of water. Drinking water is encouraged to assure hydration for best test results.
- Continue to take medications as prescribed. If you are diabetic, ask your doctor about diet and medication, including withholding insulin for 4 hours prior to the exam (with the exception of an insulin pump, which is permitted). Carefully monitor and control your blood sugar for 48 hrs before the scan. Call (310) 423-8738 for more information.

FDG PET/CT Brain (approx. visit time: 3 hours)

- Follow above preps for FDG PET/CT Body & FDG PET/CT Brain.
- Do not eat or drink caffeine products (chocolate, soda, tea, coffee, or Excedrin®) for 24 hours before exam. *Note:* Decaffeinated products contain caffeine.

Gastric Emptying (approx. visit time: 4-6 hours)

- Do not eat or drink 12 hours before exam.

PET/CT: for FDG PET/CT Body and FDG PET/CT Brain, see above. For all other PET/CT see the "Preparing for Your Exam" section on our website.

Renal Scan (approx. visit time: 1½-2½ hours)

- Drink two 8 oz. glasses of water 1 to 2 hours before exam. You may use the restroom as needed.

Thyroid Uptake and Scan (3 visits over 2 days)

- No iodinated contrast material (CT, IVP or angio) for 6 weeks before exam.
- Ask your doctor about discontinuing Synthroid®, Levothy® or Levothyroxine® 6 weeks before exam; Cytomel® (T3) or Liothyronine 2 weeks before exam; and anti-thyroid medication 5 days before exam.
- Avoid eating sushi, seaweed, kelp products or seafood 1 week before exam.

ULTRASOUND

Abdominal Ultrasound (Liver, Spleen, Gallbladder, Kidneys, Pancreas, Abdominal Aorta and Biliary System) (approx. visit time: 1½ hours)

- Do not eat or drink 8 hours before exam.
- Take medications with a sip of water.

Pelvic Ultrasound (Uterus, Ovaries, Fallopian Tubes and Bladder; Transvaginal Ultrasound included for females) (approx. visit time: 1½ hours)

- Please have a full bladder; drink 32 oz. of water before exam.
- Male patients do not need a full bladder for the exam.

Prostate Ultrasound (approx. visit time: 1½ hours)

- Use any saline Fleet Enema two hours before exam.

VASCULAR ULTRASOUND

Renal Artery Stenosis, Aorta, Iliac Vena Cava (approx. visit time: 1-1½ hours)

- Do not eat or drink for 6 hours before exam.
- Take any medications with a sip of water.

X-RAY AND FLUOROSCOPY

Barium Enema (approx. visit time: 1½ hours)

- For preps, please search our website: cedars-sinai.edu. Or call (310) 423-8000 (option 1).

Upper GI/Esophagram (approx. visit time: 1-2½ hours) **or Upper GI with Small Bowel Study** (approx. visit time: 1½ -3½ hours or longer)

- Do not smoke, drink or eat anything including gum or mints after midnight.

Hysterosalpingogram (approx. visit time: 1½ hours)

- Schedule 5 to 10 days after first day of menstrual cycle.
- No sexual intercourse from first day of menstrual cycle until 48 hours after exam, not even with protection.

IVP (Intravenous Pyelogram; Kidney X-ray) (approx. visit time: 1½ hours)

- Do not eat or drink for 4 hours before exam.
- If allergic to iodine, tell scheduler, tech, nurse, or radiologist.