

PREPARATION FOR YOUR ULTRASOUND EXAM:

Abdominal: Nothing to eat or drink 6 - 8 hours prior to your exam

OB/Pelvis: Drink 32oz of water 30 minutes prior to exam

PREPARATION FOR YOUR CT EXAM:

Please do not eat 3 hours prior to your CT exam, except for oral contrast as prescribed by our office.

If you are having a CT of the Abdomen or Pelvis, please do not eat or drink for 3 hours prior to your exam, except for oral contrast as prescribed by our office. You may take medication with a small amount of water.

If you take insulin for diabetes, please ask your personal physician if you should temporarily reduce the insulin dose.

PREPARATION FOR YOUR FLUOROSCOPY EXAM:

Upper GI Series: Nothing to eat or drink after midnight the day before exam. No smoking or gum chewing 2 hours before exam.

Small Bowel Exam: Take 4 Biscodyl (laxative) tablets at 6 PM the evening before exam. Nothing to eat or drink after 6 PM the evening before exam. No smoking or gum chewing 2 hours before exam.

Barium Enema: Pick up prep and instruction sheet two days prior to the exam from either your physician or our office.

I.V. Pyelogram: Follow a clear liquid diet on the day before exam. Take 4 Biscodyl (laxative) tablets at 4 PM on the day before exam. You may drink clear fluids, including up to 8 oz. of water the morning of your exam.

PREPARATION FOR YOUR MAMMOGRAPHY EXAM:

Do not use deodorant or powder the day of your exam. Please wear a two piece outfit.

PREPARATION FOR YOUR DEXA SCAN:

Please do not take calcium supplements for 24 hours prior to your exam. If you have received IV contrast, barium contrast, or have had a nuclear medicine exam, please wait 2 weeks before having a DEXA scan.

THINGS TO REMEMBER THE DAY OF YOUR EXAM:

Arrive 15 minutes prior to your scheduled appointment time.

BRING THIS REFERRAL FORM WITH YOU. It is necessary for us to have this form in order to perform your exam.

Bring your current insurance card, Photo ID and previous films, if requested, with you.

DIRECTIONS TO VANCOUVER RADIOLOGISTS, P.C.

Medical Center Physicians' Building

From I-5: Take Mill Plain Exit and drive East to NE 87th Avenue. Turn left at light on NE 87th. Drive approx. 1-1/2 blocks and turn right into driveway of the Medical Center Physicians' Building.

From I-205: Take Mill Plain Exit and drive West to NE 87th Avenue. Turn right at the light on NE 87th. Drive approx. 1-1/2 blocks and turn right into the driveway of the Medical Center Physician's Building.

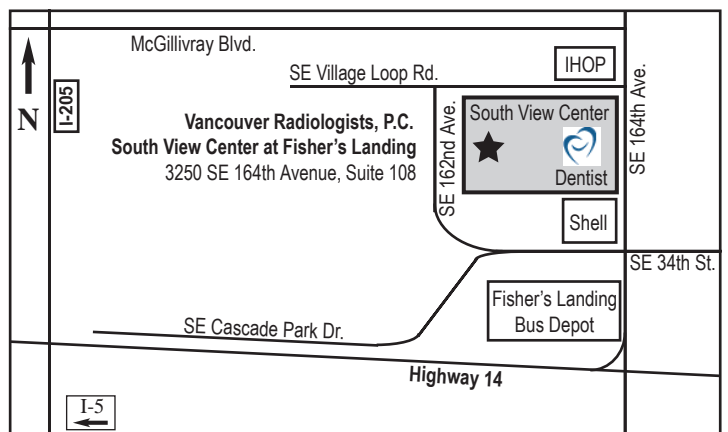
Take the elevator to the Lower Level (LL). Vancouver Radiologists, P.C. is in Suite LL50.



South View Center at Fisher's Landing

From I-5 or I-205: Take Highway 14 heading East. Take the SE 164th Exit. Turn Left at stop light and head North on SE 164th. Stay in left lane. Take a Left at SE Cascade Park Dr. Turn Right into Shell station and follow road in between the Shell Station and Express Care Station into South View Center. Take Right at cross street. Take first Right into parking lot. Vancouver Radiologists is Suite 108.

Heading South on 164th: Head South past McGillvray Blvd. Move into the Right lane. Go past IHOP and SE Village Loop Rd. Turn Right into South View Center. Take first Left in parking lot. Vancouver Radiologists is Suite 108.



CONFIRMATION:

An appointment confirmation will be faxed to the provider office. If a confirmation is not received, please call our office at 360-254-4914. Faxes received after 4:30 PM will be processed the following day, or you may call our office for immediate scheduling.