

# Patient Instructions

## Pelvic Ultrasound, Bladder Ultrasound and Obstetrical Ultrasound Patients less than 4 months pregnant:

One hour before your appointment time, empty your bladder. Immediately drink **four** 8 oz. glasses of fluid. Your bladder must be full for this exam to be done. **Do not** empty your bladder until after the exam.

## Obstetrical Ultrasound Patients more than 4 months pregnant:

One hour before your appointment time, empty your bladder. Immediately drink **two** 8 oz. glasses of fluid. **Do not** empty your bladder until after the exam.

## Abdominal Ultrasound / IVP / UGI / UGI & Small Bowel:

**Do not** eat, drink, smoke, or chew gum after midnight before your exam. Oral medications may be taken immediately after the exam.

## Hysterosalpingogram:

Patient is not to have intercourse from the first day of cycle until study is completed. Must take pregnancy test morning of the exam (home pregnancy test OK).

## Hysterosonogram:

Empty bladder one hour before exam. Drink 32 oz. of liquid. Do not void until after exam. No intercourse from time study is scheduled until completed. Must take pregnancy test morning of the exam (home pregnancy test OK).

## Mammograms:

On the day of the exam, **do not** use any deodorant, perfumes, powders or lotions on your underarms or breasts. If possible, wear a two-piece outfit for convenience. **PLEASE BRING PREVIOUS MAMMOGRAM FILMS IF PERFORMED ELSEWHERE.** If you are unable to bring films, please arrange to have the actual films sent to us by the day of your exam.

## Barium Enema:

Please obtain the FLEETS III PREP KIT from your pharmacy: Follow the 18 hour instructions that are listed inside the kit starting at NOON the day before the exam. **Do not** eat, drink or smoke after midnight before the exam. Oral medications may be taken immediately after the exam.

## Head CT with contrast, Chest CT, Neck CT:

**Do not** eat or drink 3 hours prior to procedure time.

## Abdomen and Pelvic CT:

Please contact the Fair Oaks office for instructions.



Please feel free to call if you have any questions

Fair Oaks Imaging Center (703) 385-5203

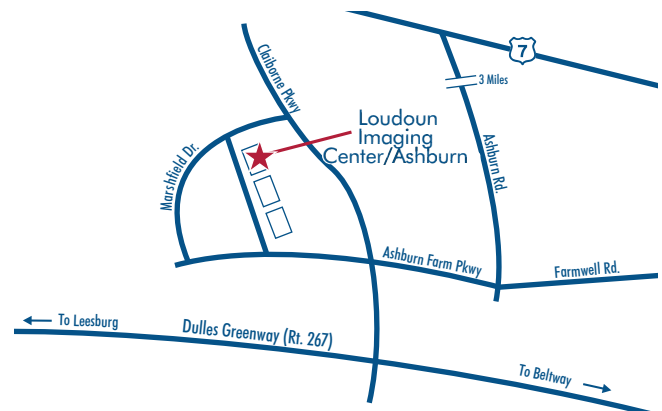
Loudoun Imaging Center/Ashburn (703) 223-0230



### Directions:

**From Manassas:** Take Route 28 N to I-66 East. Take Exit 55 onto Fairfax County Parkway (VA-7100 N) toward 55B/Herndon/Reston. Take ramp onto Lee Jackson Memorial Hwy (US-50 E). Turn left on second Fair Ridge Drive and another right before the Extended Stay Delux hotel. Fair Oaks Medical Building will be on your left at 4001 Fair Ridge Drive.

**From the Washington area:** From I-495 N, take Exit #49C/ Vienna/Front Royal onto I-66 W. Take Exit #57B/Fair Oaks/Winchester onto US-50 W. Turn right onto Fair Ridge Drive and take the first right before the Extended Stay Delux hotel. Fair Oaks Medical Building will be on your left at 4001 Fair Ridge Drive.



### Directions:

**From I-495 (Capital Beltway):** Take Dulles Toll Road (Rt. 267) West. After Dulles Airport becomes Dulles Greenway, take Exit 5 to Claiborne Parkway. Make a right onto Claiborne Parkway and then make a left onto Ashburn Farm Parkway. Take your first right into Professional Plaza into the parking lot. Loudoun Imaging Center is in the third building on the left.

**From Leesburg:** Take the Dulles Greenway East. Take Exit 5 to Claiborne Parkway and turn left onto Claiborne Parkway. Take a left at the first light onto Ashburn Farm Parkway and the next right onto Professional Plaza into the parking lot. Loudoun Imaging Center is in the third building on the right.

Please visit our website for additional information:  
[www.RestonRadiologyConsultants.com](http://www.RestonRadiologyConsultants.com)