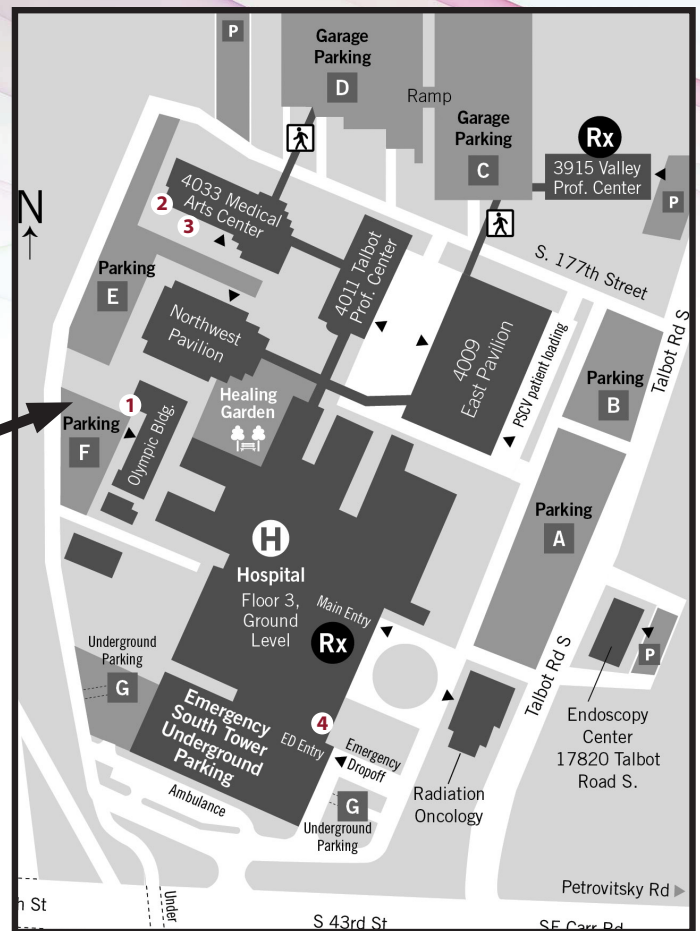
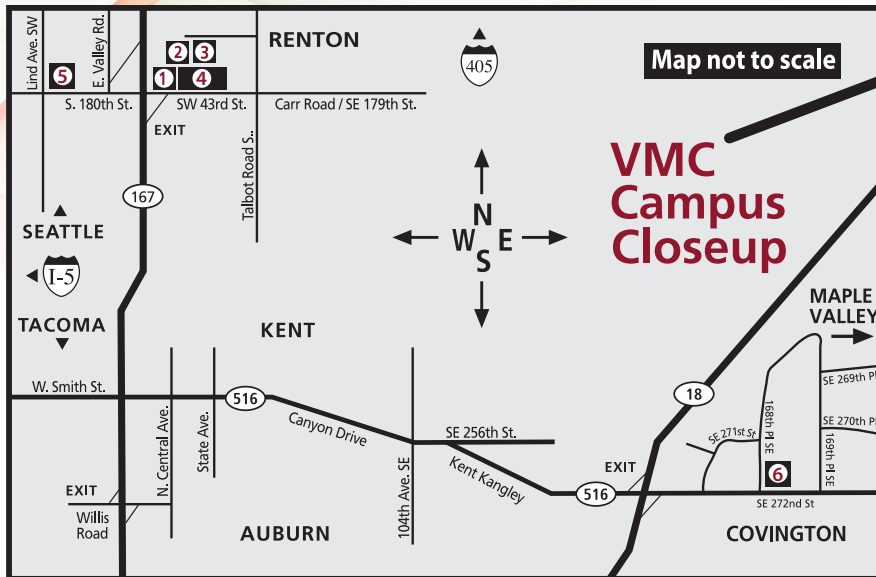


# Valley Medical Center

## Imaging Services & Locations

[Vantage Radiology & Diagnostic Services, a professional service corporation, in association with Valley Medical Center.]



### Location

- 1 Valley Diagnostic Imaging Services**  
Olympic Building  
400 S. 43rd St.  
Renton, WA 98055
- 2 Valley Diagnostic Imaging Services**  
Medical Arts Center  
4033 Talbot Road S., Suite 360  
Renton, WA 98055
- 3 The Breast Center**  
Medical Arts Center  
4033 Talbot Road S., Suite 470  
Renton, WA 98055
- 4 Valley Medical Center Hospital Diagnostic Imaging Services**  
400 S. 43rd St.  
Renton, WA 98055
- 5 Vantage Radiology Interventional Services**
- 6 The Breast Center - Covington**  
16850 SE 272nd St, 2nd Floor  
Covington, WA 98042

Breast MRI & MRI Guided Breast Biopsy,  
Low-Dose CT, MRI, 3T Wide Bore MRI

Fluoroscopy, Ultrasound  
**Digital X-Ray 425.690.6294 Ph.**  
**PET/CT M - F: 7:00 am - 5:00 pm**  
**425.690.6290 Ph. 425.690.9751 Fax**

2D & 3D Screening and Diagnostic Mammography,  
Ultrasound, Galactography,  
Stereotactic Core Biopsy, Ultrasound Guided Biopsy,  
Bone Density (BDM or DEXA)

CT, Digital X-Ray, Fluoroscopy,  
Interventional Radiology, Nuclear Medicine,  
Pain Management Procedures, Ultrasound

Pre-procedure consultation,  
post-procedure follow-up

2D & 3D Screening Mammography,  
Bone Density (DEXA)

### Hours

CT M - F: 6:20 am - 7:00 pm  
MRI M - F: 6:20 am - 7:00 pm  
Sat/Sun: 7:30 am - 4:00 pm

M - F: 7:00 am - 5:30 pm

M - F: 7:00 am - 5:30 pm  
Sat: 7:30 am - 4:00 pm

24 hours / 7 days a week  
Radiologists readily available

M - F: 8:00 am - 5:00 pm

M, Tu, W, F: 8:30 am - 4:00 pm  
Th: 9:30 am - 4:30 pm

### Phone/Fax

**425.656.5550 Ph.**  
**425.656.5552 Fax**

**425.690.3655 Ph.**  
**425.690.9655 Fax**

**425.690.3688 Ph.**  
**425.690.9688 Fax**

**425.690.3549 Ph.**  
**425.690.9549 Fax**

**253.661.4661 Ph.**  
**253.661.1356 Fax**

**425.690.3688 Ph.**  
**425.690.9688 Fax**



VALLEY MEDICAL CENTER

[www.valleymed.org](http://www.valleymed.org)

Price Line: 253.661.4750



[www.vrads.com](http://www.vrads.com)

Ultrasound

CT

MRI

PET/CT

Nuclear Medicine

Interventional  
Radiology

Mammography

DEXA

# DIAGNOSTIC IMAGING SERVICES EXAM PREPARATIONS

## IMPORTANT INFORMATION

If you are pregnant, or could be pregnant, please inform your technologist and/or healthcare provider **BEFORE** your examination.

**Children may not accompany you into the exam room or wait in the lobby during your appointment. Please make arrangements for your children during your appointment.**

For all examinations, continue to take medications prescribed by your physician or healthcare provider, unless otherwise directed at the time your exam is scheduled.

## HOSPITAL DIAGNOSTIC IMAGING

425.690.3549 ph 425.690.9549 fax

**Nuclear Medicine:** Uses small amounts of radioactive materials (or tracers) to help diagnose and treat a variety of diseases. Tests determine the cause of the medical problem based on the function of the organ, tissue or bone.

### Nuclear Medicine Exams and Preparation:

- **Bone Scan:** Please be well hydrated (drink at least 2 glasses of water) before this exam. Please do not wear any metal.
- **Gastric Empty:** Nothing by mouth (NPO) for 4 hours before the test. This is a 4 hour exam.
- **Hepatobiliary Scan:** Nothing by mouth (NPO) 6 hours before exam, this includes opiates. No pain medication 4 hours before the exam. This is a 2 hour exam.
- **Renal Scan and Function:** Please be well hydrated (drink at least 2 glasses of water) before this exam.
- **Myocardial Perfusion:** Please contact your physician regarding stoppage of cardiac medication prior to exam. No caffeine, including decaf, for 12 hours prior to the exam. No solid food for 4 hours prior to exam. Liquids are okay. This is a 3 hour exam.
- **Thyroid Uptake and Scan:** No solid foods for 4 hours prior to the exam. Liquids are okay. This is a 2 day exam.
- **Parathyroid Exam:** No preparation necessary for this exam. This is a 3 hour exam.

## VDIS OLYMPIC BUILDING

425.656.5550 ph 425.656.5552 fax

○ **CT Scan:** A CT, computerized tomography (or CAT) scan is a special examination in which multiple "slices" or pictures are taken through an area of the body. You will be placed on a table which will move you into and out of the scanner. For many CT scans, contrast material will be injected into your vein.

### CT Scan Preparation:

- **CT Head, CT Neck, CT Chest (Thorax):** No solid food or drink 2 hours prior to your appointment. Drink plenty of fluids the day before the exam.
- **CT Sinus, Comprehensive/CT Sinus, Limited:** No preparation necessary.
- **CT Abdomen or Pelvis (complete):** No solid food or drink 2 hours prior to your appointment. Medications may be taken. Please arrive one hour and 20 mins prior to your appointment. You will be given a liquid to drink that allows us to see your intestines. Please drink plenty of liquids the day before your exam.
- **CT Angiogram (no oral contrast necessary):** No solid food or drink two hours prior to your appointment. Medications may be taken. Please drink plenty of liquids the day before your exam.
- **CT Lung Screen:** No preparation is necessary.
- **MRI Scan:** Magnetic resonance imaging (MRI) is a simple, painless examination that uses magnetic fields and radio waves to "see" internal organs and soft tissue without the use of x-rays. Both safe and painless, MRI has no known side effects.

Arrival Time: \_\_\_\_\_ Exam 1 Date & Time: \_\_\_\_\_ Exam 2 Date & Time: \_\_\_\_\_

### MRI Scan Preparation:

Under most circumstances, no special diet, medication or fasting is required before your MRI exam. If you feel you may be claustrophobic, please contact VDIS Olympic Building prior to your appointment day to discuss options.

### SEDATION:

**Oral:** This medication must be prescribed by your referring physician. Patients who will be taking oral sedation, must arrive 45 minutes prior to their appointment to complete their registration prior to taking their sedation medication. The patient must be accompanied by a driver. Once they take their medication they must remain on site until their appointment.

The result of an MRI can be altered by the presence of metal in the exam room. You will be asked to wear an exam gown. Please be prepared to leave jewelry, keys and other metallic items in a locker.

**IMPORTANT:** Caution needs to be used if you have a pacemaker, inner ear implants, blood vessel surgical clips in the brain or some metal implants. Please notify the physician or technologists if you may have any of the above, or are uncertain whether you do.

- **Abdominal MRI:** No food or drink 4 hours prior to your appointment.
- **MRCP:** No food or drink 4 hours prior to your appointment.
- **Liver:** No food or drink 4 hours prior to your appointment.
- **Pelvis w/ Organ:** No food or drink 4 hours prior to your appointment. (Pelvis without additional organ has no preparation requirements.)
- **Arthrogram:** Please let them know at the time of scheduling if you are on blood thinners. No preparation necessary. An Arthrogram is a study of joint spaces. Following the use of a local anesthetic, contrast material is injected into the joint space. Images will be taken. After your exam is complete, the contrast material will be completely reabsorbed in 24 to 48 hours. The radiologist recommends that your activity be limited for 24 hours after the exam.

## VDIS MEDICAL ARTS CENTER

425.251.5255 ph 425.690.9655 fax

○ **CT KUB (kidney stones):** No preparation necessary. Please call 425.656.5550 for image and report requests.

**Plain x-ray:** Radiography, or X-ray involves exposing a part of the body to a small dose of radiation to produce an image of the internal organs. When x-rays penetrate the body, they are absorbed in varying amounts by different parts of the anatomy. There is no special preparation required for most x-rays.

**Ultrasound Exam:** Sound waves are used to examine internal organs. Obstetrical ultrasound is used to determine the baby's age, position, appearance of body parts, volume of fluid around the baby, and the position of the placenta. An ultrasound technologist will apply a warm gel to the skin which allows the sound waves to be transmitted and received from inside the body. The images are recorded on film. No radiation is utilized to produce the images.

**Children may not accompany you into the exam room or wait in the lobby during your appointment. Please make arrangements for your children during your appointment.**

### Ultrasound Preparation:

- **Abdomen and/or Gallbladder:** For 8 hours prior to the exam, take nothing by mouth except medications with water.
- **Aorta:** For 8 hours prior to the exam, take nothing by mouth except medications with water.
- **Combination Exam (Abdomen and Pelvis):** Nothing by mouth for 8 hours prior to the exam, except medications. Finish drinking 32 oz of water by 1 hour prior to your appointment. **Do not** urinate until after your exam is complete. A full bladder is necessary.
- **Obstetrical or Pelvis:** Finish drinking 32 oz of water by 1 hour prior to your appointment. **Do not** urinate until after your exam is complete. A full bladder is necessary.
- **Hysterosonogram:** No preparation is necessary.
- **Thyroid, Testes:** No preparation is necessary.
- **Kidney/Bladder, Retroperitoneal:** Finish drinking 16 oz of water by 1 hour prior to your appointment. **Do not** urinate until after your exam is complete. A full bladder is necessary. \*\*Dialysis patients don't need to drink water. \*\*

### Fluoroscopy Exams:

**Preparation the DAY BEFORE the exam:** A non-residue diet is required beginning 24 hours before the examination. This may consist of clear soup, sugar-free jello, liquid non-pulpy unsweetened juice, sugar-free soda, black coffee or tea without sugar or milk. Do not eat or drink any solid foods, milk or cream. Be sure to read all the accompanying directions and warnings thoroughly before using the kit. If you have any questions, be sure to ask your doctor.

- 1) Drink one glass of water each hour, from 1 p.m. to 9 p.m.
- 2) At 5 p.m.: Slowly add to 8 oz. of cold water in a large (minimum 12 oz.) glass, the contents of packet (Magnesium Citrate) while gently stirring. After fizzing stops, stir again and drink.
- 3) At bedtime: Take the four enclosed Bisacodyl tablets with a glass of water. Do not chew tablets. Tablets taken at bedtime are usually effective by the following morning.

### Preparation the MORNING OF the exam:

- 1) Do not have anything to eat or drink.
- 2) To use the Bisacodyl Suppository, push it through the back and remove it from the blister, remove the foil wrapper and insert the suppository into the rectum two hours before your appointment time. Retain for 15 minutes. A laxative may be taken following the exam to prevent constipation caused by the barium. Drink plenty of fluids after your exam.

○ **Esophagram:** An Esophagram is an examination of your throat and esophagus. While you swallow the barium, the radiologist will observe on a fluoroscope and take a series of X-rays.

**Preparation:** No food or drink 2 hours prior to appointment time. A laxative may be taken following the exam to prevent constipation caused by the barium. Drink plenty of fluids after your exam.

○ **Cystogram:** This is a study of the bladder and urethra. A catheter is placed into the bladder and contrast material is instilled until your bladder is full. The technologist will take several images including one while you empty your bladder.

**Preparation:** None.

○ **Hysterosalpingogram:** Also called HSG, this is an examination of the uterus and fallopian tubes to evaluate for blockage, inflammation and other diseases. The radiologist places a speculum into the vagina. A small tube will be placed into the uterus and contrast material injected. The doctor will watch under fluoroscopy, and obtain images. After the examination is completed, some cramping and spotting may occur.

**Preparation:** 1) The exam should be scheduled to occur 7-10 days after the first day of a normal menstrual period. 2) Do not have intercourse from the beginning of your menstrual period until the examination is completed.

○ **Small Bowel Series:** This is a study to evaluate the small intestine. It may be performed on its own or after an upper gastrointestinal series. Barium is taken orally. A series of X-rays are taken as barium flows from the stomach through the small intestine to the colon.

**Preparation:** Do not eat, drink, chew gum or use tobacco after midnight the night before your exam. Continue any prescribed medications but use as little water as possible. A laxative may be taken following the exam to prevent constipation caused by the barium. Drink plenty of fluids after your exam.

○ **UGI-Upper Gastrointestinal Series:** This is a study of the esophagus, stomach and duodenum after drinking barium. The radiologist will observe a TV screen/fluoroscope while placing the patient in a variety of positions. Images are obtained during and after fluoroscopy.

**Preparation:** Do not eat, drink, chew gum or use tobacco after 10 p.m. the night before your exam. Continue any prescribed medications but use as little water as possible. A laxative may be taken following the exam to prevent constipation caused by the barium. Drink plenty of fluids after your exam.