

## RADIOLOGY: GENERAL EXAM REQUIREMENTS

Patient may take morning Non-diabetic medications with two ounces of water only.

EXAM Ordered	Prep Requirements?	NPO	Requires Lab work	Pre-Meds for Patients with Contrast Allergy	Diabetic Patient Requirements	Special Pre-Medication Order
IVP		Fasting from midnight until after Exam.	Yes	Are you allergic to Iodinated Contrast, shrimp, shellfish? Call your doctor for premed prescription.	On day of exam: No Insulin and/or oral diabetic medications until after exam when patient is able to eat.	
Loopogram	<u>Clear liquid diet</u> (see below) from 4pm to midnight the day prior to exam.	Fasting from midnight until after Exam.	Yes	Are you allergic to Iodinated Contrast, shrimp, shellfish? Call your doctor for premed prescription.	On day of exam: No Insulin and/or oral diabetic medications until after exam when patient is able to eat.	Possible Antibiotics ordered by Urology
<p><b><u>*Diabetic Patient*</u></b></p> <p>Barium Enema, Colon Air Contrast</p>	<p><b>Two days prior to exam start <u>low residue diet.</u></b> (see below)</p> <p><b><u>Day prior to exam:</u></b> Drink 8oz of water each hour between 10am – 7pm. At 2pm: Take 10 oz bottle of Magnesium Citrate. At 4pm: Take liquid laxative.</p> <p>Continue Clear liquids until midnight, <b>then FASTING.</b></p>	NPO from midnight until after Exam.			On day of exam: No Insulin and/or oral diabetic medications until after exam when patient is able to eat.	Ordering Physician may order CoLyte/Go Lytely prep instead of Magnesium Citrate and liquid laxative. Patient must visit with Pharmacist to obtain CoLyte/Go Lytely

<p><b><u>(non-diabetic patient)</u></b> Barium Enema, Colon Air Contrast</p>	<p>Two days prior to exam <b><u>Clear liquid diet</u></b> (see below). <b><u>Day prior to exam:</u></b> Drink 8oz of water each hour between 10am – 7pm. At 2pm: Ingest 10 oz bottle of Magnesium Citrate. At 4pm: Ingest liquid laxative. Continue Clear liquids until midnight, <b>then FASTING.</b></p>					<p>Ordering Physician may order CoLyte/Go Lytely prep instead of Magnesium Citrate and liquid laxative. Patient must visit with Pharmacist to obtain CoLyte\Go Lytely</p>
<p>1.Barium Swallow 2.Esophagus 3.Modified Barium Swallow 4.SNIFF Test</p>						
<p>1. Cystogram/ Voiding - Cystourethrogram 2. Enteroclysis 3. Gallbladder 4. Nephrostogram 5. Retrograde Urethrogram 6. RUQ 7. Small Bowel Series 8. Urethrocystogram 9. Urethrogram 10. Upper GI</p>		<p>Fasting from midnight until after Exam.</p>				

## CLEAR LIQUID DIET – For NON-diabetic patients

A clear liquid diet helps maintain adequate hydration, provides some important electrolytes, such as sodium and potassium, and gives some energy. Avoid liquids with red food coloring.

The following foods are allowed in a clear liquid diet:

Plain Water  
Fruit juices without Pulp, such as apple juice, grape juice, or cranberry juice  
Coffee or Tea without milk or cream  
Clear, fat-free broth (bouillon, or consommé)  
Clear sodas (Sprite, 7-Up, Gingerale)  
Plain gelatin (No red coloring)  
Honey  
Ice pops without bits of fruit or fruit pulp (No red coloring)

Any foods not listed above should be avoided.

A typical menu for a clear liquid diet:

Breakfast:

1 glass fruit juice  
1 cup coffee or tea (no milk or cream)  
1 cup broth  
1 bowl gelatin

Snack:

1 glass fruit juice  
1 bowl gelatin

Lunch:

1 glass fruit juice  
1 glass water  
1 cup broth  
1 bowl gelatin

Snack:

1 ice pop (without fruit pulp, or red coloring)  
1 cup coffee or tea (no milk or cream)

Dinner:

1 cup juice or water  
1 cup broth  
1 bowl gelatin  
1 cup coffee or tea

Results: A clear liquid diet may be not exciting, it does have a purpose. It's designed to keep your stomach and intestines clear, limit strain to your digestive system, but keep your body hydrated as you prepare for a medical procedure.

*To reduce anal discomfort from diarrhea, it is recommended you place a small amount of Vaseline (petroleum jelly) around the anus before diarrhea begins, and reapply periodically.*

## **DIABETIC - LOW RESIDUE DIET**

Start Low Residue Diet 2 days prior to exam (Barium Enema, Colon Air Contrast) for **Diabetic patients.**

**On Day 2:** 10a to 7p drink 8ounces of water each hour

2pm Ingest Magnesium Citrate (If doctor orders ColYTE, then follow the instructions given for ColYTE)

4pm Ingest Liquid laxative (If doctor orders ColYTE, then follow the instructions given for ColYTE)

Continue Clear liquid diet until Midnight

NPO until after Procedure performed.

Morning meds with 2 ounces of water.

No insulin or oral diabetic medications until after procedure when able to eat.

*To reduce anal discomfort from diarrhea, it is recommended you place a small amount of Vaseline (petroleum jelly) around the anus before diarrhea begins, and reapply periodically*

### **Foods on a Low Residue Diet List:**

Grain Products:

- Enriched refined white bread, buns, bagels, English muffins
- Plain cereals – Cheerios, Cornflakes, Cream of Wheat, Rice Krispies, Special K
- Arrowroot cookies, tea biscuits, soda crackers, plain melba toast
- White rice, refined pasta and noodles
- No whole grains.

Fruits:

- Fruit juices – NO Prune juice
- Applesauce, apricots, ½ of banana, cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon
- NO – raw or dried fruits, raisins or berries

Vegetables:

- Vegetable juices
- Potatoes – No skins
- Well-cooked, tender vegetables: Alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini
- NO broccoli, cauliflower, Brussels sprouts, cabbage, kale, swiss chard (no cruciferous-type vegetables)

Meat & Protein Choice:

Well-cooked, tender meat, fish, eggs

NO beans (navy, pinto, red, etc), lentils

NO nuts or seeds, or any food that contains these (i.e. yogurts, some breads, etc)