

MAMMOGRAPHY, ULTRASOUND & BONE DENSITOMETRY EXAM REMINDERS

Bring with you to exam: Signed physician's order, films or CD of prior related exams, insurance cards
Please arrive 15 minutes prior to exam for registration.

MAMMOGRAMS

- To allow comparison of your current exam to previous exams, please bring films (or discs) of prior exams from other facilities with you to your exam at SFI – or ask the other facility to send copies to our Medical Records department before the date of your appointment.
- If possible, do not wear deodorant, powder or perfume to the exam.
- If feasible, wear two-piece clothing to facilitate preparing for the exam.

BONE DENSITOMETRY

- Take no calcium tablets the day before or the day of the exam (within 24 hours).
- **Ingest no dairy products on the day of the exam.**
- If feasible, wear clothing with NO zippers.

ULTRASOUND

- **Early OB (less than 14 weeks):** drink 32 oz. of water, finishing 1 hour prior to exam. DO NOT empty bladder.
- **OB over 14 weeks:** No prep needed.
- **Pelvic:** Drink 32 oz. of water, finishing 1 hour prior to exam. DO NOT empty bladder.
- **Renal:** Drink 24 oz. of water, finishing 1 hour prior to exam. DO NOT empty bladder.
- **Abdominal:** Nothing by mouth after midnight the night prior to the exam (except medications with a minimal amount of water).
- If feasible, wear clothing with NO zippers.



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