



Choice Care

by

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Private Medical Services

How to Prepare for your tests

Bone Densitometry

Please refrain from eating and drinking substances containing calcium at least four (4) days prior to your appointment.

Computed Tomography (CT)

For CT's of the abdomen and pelvis only, please pick up an oral contrast prep kit and instructions at Total Care or Los Alamitos Medical Center at least 48 hours prior to your scheduled visit. Please refrain from eating solid foods for four (4) hours prior to your appointment, although clear liquids are permitted.

For CT's with contrast, please refrain from eating solid food for four (4) hours prior to your appointment, although clear liquids are permitted.

No specific preparation is required for other CT services or CT's without contrast. If you are uncertain whether your CT requires contrast, please ask your referring physician or call Total Care at 714-632-3251 or 562-799-3251.

Echocardiogram

This test assists the physician in evaluating your heart valves and chambers using ultrasound waves to create an image of the heart. It is a good method for diagnosing some types of heart disease and for finding tumors or blood clots in the upper chambers of the heart. It is also good for monitoring the heart after a heart attack. No preparation is necessary.

EKG

This is a test to screen heart function. No preparation is necessary.

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Mammography

To minimize breast discomfort, please avoid scheduling your mammogram during the week prior to your menstrual period. On the day of your visit, please wear a blouse that buttons down the front so that you can undress easily. Do not use any deodorants, powders, perfumes, creams or lotions in the underarm or breast area as they may interfere with the quality of the image.

Pulmonary Function Tests

These are a series of tests that measure lung function. The tests provide information about the amount of air a person's lungs can hold and how effectively the lungs work. They also look at the forcefulness of an individual's breathing.

Please do not take any breathing medications during the four (4) hours prior to the test.

Treadmill Stress Test

This is a cardiac stress test performed on a treadmill under the supervision of a physician. The test is designed to give your doctor an indication of how well your heart works during exertion.

Preparation includes nothing to eat after midnight before the test; medication should not be taken unless directed by your doctor. Wear comfortable clothes and rubber soles shoes.

Ultrasound

For bladder obstetrical-pregnancy-fetal age or pelvic ultrasounds, it is important that you have a full bladder during the procedure, which may cause some slight and temporary discomfort. Please drink at least 32 oz. of water 45 minutes prior to your visit and refrain from emptying your bladder. Once completed, you will be allowed to immediately empty your bladder.

For abdominal, bile ducts, liver, gallbladder, mesenteric, and pancreas ultrasounds, please refrain from eating or drinking after midnight. A low fat, bland diet is recommended for the day prior to your appointment.

X-ray

For basic studies, such as chest and extremity x-rays, no special preparation or instructions are required.

