

**PLEASE BRING THIS FORM AND YOUR INSURANCE CARD WITH YOU ON THE DAY OF YOUR EXAM  
FOR ALL STUDIES:**

Unless otherwise instructed, please arrive 30 minutes before your study to complete the necessary paper work.

**MRI CHECKLIST**

- **The Following Conditions May Prevent You From Having An MRI Exam**
  1. Cardiac Pacemaker.    2. Cerebral Aneurysm Clips.
  3. Metal fragments in the eyes.    4. Pregnancy.
- Please wear comfortable clothing.
- **Abdomen or MRCP or Contrast Studies**  
Nothing to eat or drink 4 hours prior to your study.
- **Head and Neck**  
No eye makeup for neck & head studies.
- Remember to bring: 1. Health Insurance Information  
2. Recent X-ray Studies 3. Previous MRI Studies  
4. Mammography films if having breast MRI

**PET/CT INSTRUCTIONS**

Please allow up to 3 hours for your scan. No food for 6 hours prior to your scan. Please drink at least 24oz. of **PLAIN** water before your exam. You may empty your bladder.

**MAMMOGRAPHY INSTRUCTIONS**

Do not use any powders, talcs, sprays or deodorants on your breast or underarm area before your exam. Prior to your exam, please arrange to have your previous mammography films and reports sent to our office, or bring them with you on the day of your exam.

**ULTRASOUND CHECKLIST**

- **Abdomen**  
Nothing to eat or drink 6 hours prior to exam
- **Pelvis / OB**                       **Kidney / Bladder**  
1 hour prior to exam time - drink 32 oz fluids - do not empty bladder.
- **Ultrasound Wellness Screening**  
Nothing to eat or drink 6 hours prior to exam

**CT SCAN INSTRUCTIONS**

**IV Contrast** - Have nothing to eat 4 hours prior to exam. Drink 28 oz of water 2 hours prior to exam. You may continue taking your regularly prescribed medications and/or vitamins. You may empty bladder if necessary.  
**Abdominal/Pelvis Studies** - Have nothing to eat for 4 hours prior to the procedure. You may drink water or barium if instructed, but **NOT BOTH**.

**IMAGING TIME APPROXIMATELY 15-30 MINUTES.**

**Contraindications** - Pregnancy

**For Coronary Angiography (CT Angiogram) or PET/**

**CT** - Please obtain brochure with instructions from referring physician or Grossman Imaging at least 2 days prior to study.

**DEXA INSTRUCTIONS**

Do not take calcium supplements 24 hours prior to your scan. If you have had any x-rays using contrast such as barium, IV contrast or any nuclear medicine studies, please wait one week before having a DEXA scan. If any of these tests are scheduled for the same day as your DEXA scan, the DEXA must be performed first.

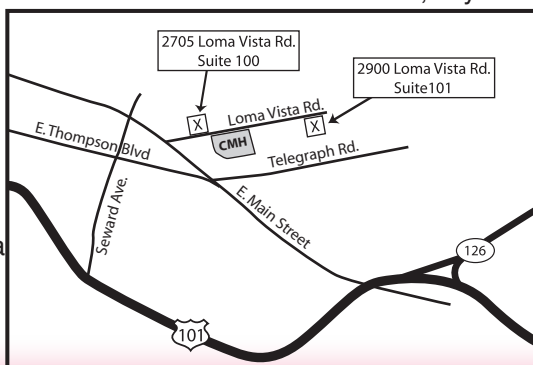
**VENTURA OFFICES**

**DIRECTIONS**

Take 101 freeway to Main Street exit, go West one mile to Loma Vista Rd., turn sharp right 1 block to 2705 Loma Vista Rd., Suite #100.  
For second Ventura office, continue down Loma Vista Rd. to 2900 Loma Vista Rd., Suite 101.

**DIRECCIONES**

Tome el autopista 101 hasta la salida de Main St. , vaya al sur una milla a Loma Vista Road, una cuadra a 2705 Loma Vista Road., Suite #100. (oficina) Cerca de hospital Community Memorial.



**OXNARD OFFICES**

**DIRECTIONS - SOLAR OFFICE**

Take 101 freeway to Rice Road exit, go south 1 block to Gonzales Road, turn right 1 block to Solar Drive, turn right to 2001 N. Solar Drive, Suite #135. **GONZALES OFFICE** - Take 101 freeway to Rice Road exit, go south 1 block to Gonzales Road, turn right 2 blocks to 2151 Gonzales Rd. Suite 101.

**DIRECCIONES**

Tome el autopista 101 hasta la salida de Rice Road, vaya al sur una cuadra a Gonzales Road, una cuadra después doble a la derecha a Solar Drive, doble a la derecha a 2001 N. Solar Drive, Suite #135. (oficina) **(Gonzales Oficina - Mirar El Mapa)**

