

What is Diagnostic X-ray?

Because the human body is so complex, there are many ways to look at the organs, tissues, and bony structures within the body. X-rays are a form of radiation, like light or radio waves, that are focused into a beam, much like a flashlight beam. X-rays can pass through most objects, including the human body. X-rays make a picture by striking a detector that sends the pictures to a computer. Dense tissues in the body, such as bones, block (absorb) many of the X-rays and look white on an X-ray picture. Less dense tissues, such as muscles and organs, block fewer of the X-rays (more of the X-rays pass through). They look like shades of grey on an X-ray. X-rays that pass only through air look black on the picture.

This exam is not recommended for pregnant patients

How do I prepare for my exam?

For patients who were instructed to prep for **BARIUM ENEMA / BARIUM ENEMA with AIR PREPS EXAM**,

Please follow instructions below very carefully:

NO PREPARATION REQUIRED FOR PATIENTS WITH:

- Obstruction
- Suspected Intussusception

INFANT (0-12 MONTHS):

- NO PREPARATION IS REQUIRED

CHILD (1-10 YEARS):

- **DO NOT** eat or drink after **12:00 AM (midnight)** prior to your exam

CHILD (11-14 YEARS):

One (1) DAY PRIOR TO EXAM:

1. **DINNER (Prior to 7:00 PM):** Clear Liquid Diet ***
2. **7:00 PM:** Drink ½ ounce (oz) Fleet's Phosphosoda diluted with 4 ounces (oz) of water.
3. Drink a minimum of **three (3) additional 8 ounce** servings of clear liquid diet before bed.
4. **DO NOT** eat or drink after **12:00 AM (midnight)** prior to your exam.

** NON –RESIDUE LUNCH

- Bouillon / Clear Broth
- Crackers
- Turkey / Chicken Sandwich (White meat) with **NO** Condiments
- Clear juice
- Plain Jello
- Black Tea or Coffee (**NO Cream**)

***Clear Liquid Diet

- **NO SOLID FOODS**
- **NO MILK PRODUCTS**
- Bouillon / Clear Broth
- Clear fruit juice – apple, cranberry or grape
- Plain Jello
- Black Tea or Coffee (**NO Cream**)
- Water
- Gatorade
- Popsicles

ADULT (>15 YEARS):

TWO (2) DAYS PRIOR TO EXAM:

1. **LUNCH (Approximately 12:00 PM (noon))**: Non-Residue Lunch **
2. Clear Liquid Diet *** Begins after Lunch
3. Drink at least **one (1) 8 ounce** glass of water : **1:00 PM, 3:00 PM & 7:00 PM**

ONE (1) DAY PRIOR TO EXAM:

1. Continue Clear Liquid Diet ***
2. Drink **one (1)** full glass of water **hourly** from **1:00 PM – 8:00PM**
3. **1:00 PM** - Drink **300 ml** magnesium citrate
4. **10:00 PM** – Take **three (3)** Dulcolax tablets
5. **12:00 AM (midnight)**- **one (1) 8 ounce** glass of water

DAY OF EXAM

1. **7:00 AM: One (1)** Dulcolax suppository
2. **One (1) hour** before procedure, you may have water.

For patients who were instructed to prep for **UPPER GI, SMALL BOWEL, or ESOPHAGUS EXAMS**

Please follow these instructions below very carefully:

PEDIATRIC:

1. **0-6 MONTHS:** Nothing to eat after **4:00 AM** feeding prior to exam.
2. **7 MONTHS-2 YEARS OLD:** Nothing to eat after **10:00 PM** feeding prior to exam. If still on the bottle, please follow # 1 directions
3. **2 – 14 YEARS OLD:** Nothing to eat after **6:00 PM** meal prior to exam.

ADULT (>15 YEARS):

1. Nothing to eat after **12:00 AM (midnight)** prior to exam.

For patients who were instructed to prep for **IVP or IVP WITH TOMOGRAMS EXAMS**, there is **NO** preparation required.

Please read for special exceptions:

1. Patients must have serum creatinine and GFR lab test if over 60 years old, Diabetic, or on Nephrotoxic drugs
2. Patients taking glucophage must have the medication DISCONTINUED for **48 hours POST** procedure.