



ALL EXAMINATIONS

Please bring your Health Insurance Card and another piece of identification with this form.
If you have any questions about your exam, exam preparation, or need to change,
or cancel your appointment, please contact Booking.

ULTRASOUND

Abdominal:

Adults: Nothing by mouth for 8 hours before the exam. No smoking, candy or gum.

Newborn: Fast for 2 hours before the exam.

0 to 3 years: Fast for 4 hours before the exam.

4 to 10 years: Fast for 6 hours before the exam.

11 years and older: Fast for 8 hours before the exam.

Medications may be taken with a sip of water if necessary.

Diabetic patients booked in early morning slots.

Aorta for Aneurysm (AAA):

Nothing by mouth for 8 hours before the exam.

Pelvic:

Adults: Drink 1 litre of water 1 hour before the exam and **Do Not** empty bladder.

0 to 3 years: Encourage child to drink 8-12 oz of water 1 hour prior to the exam.

3 to 10 years: Encourage child to drink 12-20 oz of water 1 hour prior to exam and **Do Not** empty bladder.

11 years and older: 20-32 oz of water prior to the exam and **Do Not** empty bladder.

Abdominal/Pelvic:

Nothing to eat or drink for 8 hours prior except for 1 litre of water finished 1 hour before the exam.

Do Not empty bladder.

Renal:

Adults: Finish drinking 32 oz of water 1 hour before the exam and **Do Not** empty bladder.

0 to 3 years: Encourage child to drink 8-12 oz of water 1 hour prior to the exam.

3 to 10 years: Encourage child to drink 12-20 oz of water 1 hour prior to exam and **Do Not** empty bladder.

11 years and older: 20-32 oz of water prior to the exam and **Do Not** empty bladder.

Pyloric Stenosis:

Try to keep baby fasting for 3 hours, if possible. Bring bottle of formula or expressed milk.

Baby Hips:

No preparation is needed. Bring bottle of formula or expressed milk for use during the exam.

If baby does not take a bottle, mother should breast feed before the exam.

Baby Spine:

Bring bottle of formula or expressed milk.

Obstetric Ultrasound:

Empty the bladder 2 hours before the exam. One hour before the exam, finish drinking 1 litre of water and

05 to 14 weeks: Do Not empty bladder.

Nuchal Translucency:

Empty the bladder 2 hours before the exam. One hour before the exam, finish drinking 1 litre of water and

Do Not empty bladder.

14 to 16 weeks: Finish drinking 1 litre of water 1 hour before the exam and **Do Not** empty bladder.

Over 28 weeks: Mother should have a light snack 30 minutes before the exam.

MAMMOGRAPHY

Do Not use perfume, deodorant, antiperspirant or talcum before the examination.

If you experience premenstrual breast tenderness, you may delay booking until tenderness has subsided.

Wear a two piece outfit.

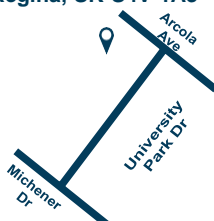
At the time of booking, you will be asked where your previous mammogram was done.

Locations:

6-2727 Parliament Ave
Regina, SK S4S 6X5



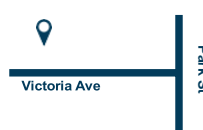
214 University Park Dr
Regina, SK S4V 1A3



6350 Rochdale Blvd
Regina, SK S4X 4C2



650 Victoria Ave E,
Regina, SK S4N 7E1



15 Thatcher Dr
Moose Jaw, SK S6J 1L8

