



OAK RIDGES MEDICAL DIAGNOSTIC IMAGING

13291 YONGE STREET, SUITE 301  
 RICHMOND HILL, ONTARIO L4E 4L6

T: 905.773.6861 F: 905.773.2161

PHYSICIANS: ONLINE IMAGES & REPORTS <https://ormdi-w1.veloximaging.net>

CLINIC HOURS: **MONDAY - THURSDAY: 8 AM - 8 PM**  
**FRIDAY: 8 AM - 5 PM**  
**SATURDAY & SUNDAY: 9 AM - 2 PM**

XRAY HOURS:

**MON - THU: 8:00AM - 7:30 PM**  
**FRI: 8:00AM - 4:30 PM**  
**SAT & SUN: 9:00AM - 1:30 PM**

PLEASE NOTE XRAY HOURS ARE BASED ON VOLUME  
 XRAYS ARE A WALK-IN SERVICE  
 (FIRST COME FIRST SERVE BASIS)



## DURATION OF PROCEDURES

TEST	APPROXIMATE DURATION Times may vary depending on patient volume
ULTRASOUND, VASCULAR & ECHOCARDIOGRAMS	½ hour
XRAY	½ hour
MAMMOGRAPHY	½ hour
BONE MINERAL DENSITOMETRY	½ hour
CARDIAC TESTING	½ hour to 1 hour
NUCLEAR CARDIOLOGY	2½ hours in AM and 2½ hours in PM (5-6 hours total) (MUGA 1 hour)
BONE SCAN	10 minutes, then 1 hour following a 2-3 hour delay
THYROID SCAN	15 minutes first day, and 1 hour second day
ALL OTHER NUCLEAR TESTS	1-2 hours, on single day (some require up to 4 hour delay after injection)

1. PLEASE DO NOT FORGET TO BRING YOUR HEALTH CARD.
2. BRING A LIST OF ALL MEDICATIONS TO EACH APPOINTMENT.
3. PLEASE BRING RESULTS OF OTHER RECENT TESTS, OR ACTUAL IMAGES (X-RAYS OR ULTRASOUNDS), IF AVAILABLE.

# PLEASE ARRIVE 15MIN EARLIER THAN YOUR APPOINTMENT TIME PATIENT PREPARATION INSTRUCTIONS

## ULTRASOUND PROCEDURES

**ABDOMEN:** Nothing to eat or drink 8 hours prior to your appointment (except to swallow necessary medications).  
 For children under 3 years, feed as usual (Fat free - no dairy).

**ABDOMEN & PELVIS:** Nothing to eat or drink 8 hours prior to your appointment. Drink 1 Litre of water to be finished 1 hour prior to your appointment. DO NOT VOID.

**PELVIS / OBSTETRICAL:** A full bladder is necessary. Finish drinking 1 Litre of water 1 hour prior to your appointment. DO NOT VOID.

**MALE PELVIS / TRUS:** A full bladder is necessary. Finish drinking 1 Litre of water 1 hour prior to your appointment. DO NOT VOID.

**SMALL PARTS (THYROID / TESTIS) / MUSCULO-SKELETAL:**  
 No preparation required.

**BREAST:** Do not apply deodorant or talcum powder the day of your appointment.

**VASCULAR:** No preparation required.

## GENERAL XRAY

No preparation required. - WALK IN

## WOMEN'S HEALTH PROCEDURES

**MAMMOGRAPHY & BREAST ULTRASOUND**  
 Do not use powder/deodorant on day of exam.  
 If you have had a Mammogram before at another facility, please bring those previous films with you.

**BONE MINERAL DENSITY**  
 Please wear track pants with elastic waist.  
 No Metal, Belts, Buttons, Zippers around the waist. Please bring previous BMD report(s).

**\*HAVE PREVIOUS BMD REPORTS IN HAND AT TIME OF BOOKING APPOINTMENT.**

## NUCLEAR MEDICINE PROCEDURES

**BILIARY SCAN (HIDA):** Nothing to eat or drink 4 hours prior to the scan and no more than 8 hours.

**THYROID UPTAKE AND SCAN:** If permitted by your doctor: Stop Thyroxine 5 weeks before testing and stop Cytomel 3 weeks before testing.  
 No intravenous contrast material (CT, IVP or Angiogram) for 5 weeks prior to testing.  
 No sushi or foods containing iodine (seaweed) 5 weeks prior to the test.

**OTHER NUCLEAR MEDICINE SCANS:**  
 No special preparation required.

**THALLIUM:** No caffeine day of test.

**PARATHYROID:** No thyroid meds for 4 weeks.

**LASIX RENAL SCAN:** Be well hydrated.

## GARDIAC TESTING PROCEDURES

**ECHOCARDIOGRAM / HOLTER MONITOR / AMBULATORY BLOOD PRESSURE MONITOR:**  
 Wear a comfortable 2 piece outfit.

**CARDIAC EXERCISE TEST:** No coffee or tea the day of the test. Light breakfast the day of the test. Be prepared to walk or run on the treadmill. See Preparation for Nuclear Cardiology.

## NUCLEAR CARDIOLOGY (SESTAMIBI) PROCEDURES

- Please bring medications or list of medications.
- **No caffeine** (tea, coffee, cola, chocolate) for **24 hours** prior to your test (and no decaffeinated tea/coffee).
- Light breakfast the day of the test.
- Be prepared to walk or run on the treadmill - wear a T-shirt, shorts or sweat pants and running shoes.
- **DIABETICS:**
  - a) If **on insulin:** light breakfast, the morning of the test, and take HALF the usual morning insulin dose.
  - b) If **on oral medication:** light breakfast, and don't take diabetes medication before the test. Bring medication with you. After the test, you may eat and take your medication.
- Certain medications should be stopped, if possible before the test, **only if permitted by your doctor**, as follows:

### STOP FOR 48 HOURS BEFORE THE TEST

Metoprolol (Lopressor)    Diltiazem (Cardizem;Tiazac)    Viagra    Aggrenox  
 Acebutolol (Monitan; Sectral)    Carvedilol (Coreg)    Levitra

### STOP FOR 72 HOURS BEFORE THE TEST

Atenolol (Tenormin)    Nadolol (Corgard)    Bisoprolol    \*Cialis (4 days)

THE ABOVE MEDICATIONS MAY BE RESUMED AFTER THE TEST