

PROCEDURE	WHY DID MY DR. ORDER THIS TEST?	PREPARATION	WHAT TO EXPECT
<p><b>X- RAY</b></p>	<p>An x-ray creates two-dimensional images (pictures) of the body's internal organs or bones to help diagnose conditions or diseases. An x-ray can show fractures (broken bones), dislocations and some types of cancer or arthritis.</p>	<p>A conventional x-ray does not need any special preparation. Depending on the body part being examined, you may be asked to remove jewelry or clothing and wear a hospital gown. Tell the technologist performing the exam if you are or might be pregnant.</p>	<p>You will either stand up or lie down on an exam table, depending on which body part is being examined. The radiographer will position your body for each image and then step behind a screen to operate the controls. You may be asked to hold very still or hold your breath for a few seconds while the image is taken.</p>
<p><b>MRI (MAGNETIC RESONANCE IMAGING)</b></p>	<p>An MRI is a test that uses a magnetic field and pulses of radio wave energy to make images (pictures) of organs and structures inside the body. An MRI gives different information about structures in the body than can be seen with an x-ray or other imaging methods.</p>	<p>You will need to remove all metal objects (such as hearing aids, dentures, jewelry, watches, and hairpins) from your body. These objects may be attracted to the powerful magnet used for the test. Before the test, tell your doctor and the MRI technologist if you are allergic to any medications, are or might be pregnant, have any implanted devices such as a coronary artery stent, pacemaker, metal pins, cochlear implants, etc.</p>	<p>During the test, you usually lie on your back on a table that is part of the MRI scanner. Your head, chest and arms may be held with straps to help you remain still. The table will slide into the space that contains the magnet. A device called a coil may be placed over or wrapped around the area to be scanned. Some people feel nervous or claustrophobic inside the MRI scanner. If this keeps you from lying still, you can be given medication (sedative) to help you relax. Inside the scanner you will hear a fan and feel air moving. You may also hear tapping or snapping noises during the scan. An MRI test usually takes between 30 and 60 minutes but can take as long as 2 hours.</p>

## CAT SCAN/CT (COMPUTED TOMOGRAPHY)

A CT scan combines special x-ray equipment with computers to produce multiple 3D pictures of the structures inside the body. These cross-sectional images of internal organs, bones, soft tissue and blood vessels provide greater clarity and reveal more details than a regular x-ray exam.

You should wear comfortable loose – fitting clothing. You may be given a gown to wear during the procedure. Metal objects including jewelry, dentures and hairpins may affect the CT images and should be removed prior to the exam. Tell the doctor and the CT technologist if you are or might be pregnant. You may be asked not to eat or drink anything for several hours before the exam, especially if a contrast material (dye that shows up on an x-ray) will be used in your exam. Inform your doctor of all medications you’re taking and if you have any allergies. Also tell your doctor of any recent illnesses or other medical conditions.

The CT scanner is typically a large box-like machine with a hole in the center. You will lie on a narrow table that is attached to the CT scanner. The table slides into the round opening of the scanner. The scanner then moves around your body. The table will move while the scanner takes pictures. You may hear a click or a buzz as the table and scanner move. It is important to lie still during the test. If you are given contrast material, an IV is put in your hand or arm. The dye may make you feel warm and flushed and give you a metallic taste in your mouth. Some people feel sick to their stomach or get a headache. Tell the CT technologist how you are feeling. The CT scan usually takes anywhere from 5 to 30 minutes.

## PET SCAN (POSITRON EMISSION TOMOGRAPHY)

A PET scan is an imaging test that can help reveal how your tissues and organs are functioning. A small amount of radioactive material is necessary to show this activity.

The scanner room may be cool so dress in warm comfortable clothing. Remove any jewelry and avoid clothes with metal fasteners and zippers. Generally, the day before your scan you will drink 6-8 glasses of water and limit the amount of sugar and caffeine you consume. On the day of the appointment, do not eat or drink anything except plain water for

You will receive an IV injection of a radioactive glucose. You will then be asked to rest quietly for approximately 60 minutes allowing the glucose to circulate through your body. After this resting period, you will empty your bladder and the technologist will take you into the scanning room where you will lie on the scanner table. You will lie as still as possible for 15-35 minutes as the table passes slowly through the scanner and takes several sets of images. You will be at the facility for 2 to 3 hours. Once the scan is

		4-6 hours before your scan. The facility performing your scan will give you specific instructions based on your needs.	complete, you will be able to leave the facility. Make sure you drink plenty of fluids throughout the day to help flush the radioactive material out of your body.
<b>DISCOGRAM</b>	A discogram is an injection technique used to evaluate patients with back pain who have not responded to conservative (non-surgical) treatments. It is used to identify painful discs in the spine.	You will not eat or drink anything for several hours before the procedure. The facility performing the exam will give you specific instructions based on their protocol (routine) and your needs.	You will be given medication through an IV to help you relax. You will have to be awake during the exam so you can tell the doctor what you are feeling. You will lie on a table either on your side or on your stomach. The doctor will place a needle, with the help of an x-ray machine, into the disc space of the suspected problem disc. Once the needle is in place, a dye is injected into the disc. The doctor will ask you questions about what you are feeling (pain or pressure) during the injection. When completed, the needle is removed and usually only small bandages are applied. The exam usually takes 20- 30 minutes depending on how many levels are being tested.
<b>BONE DENSITY</b>	A bone density test uses x-rays to measure how many grams of calcium and other bone minerals are packed into a segment of bone. The bones that are most commonly tested are located in the spine, hip and forearm.	A bone density test needs no special preparation.	You will lie on a padded platform while a mechanical arm passes over your body. The test usually takes about 10 minutes to complete.