



1. Please bring your health insurance card, photo identification, and this requisition.
2. Stay on prescribed medications. Diabetics should discuss possible stoppage or reduction of insulin with their physicians. If instructions require fasting or "clear liquid" diet, diabetics should request early appointments.
3. Please do not bring children who require supervision.
4. Arrive 15 minutes early for your appointment. If you are unable to keep your appointment, please call 403.777.3000.
5. Kindly advise us of any mobility limitations when booking your exam.
6. Please avoid wearing fragrances as we are a fragrance-free facility.

## PATIENT EXAM PREPARATION INSTRUCTIONS

### GENERAL ULTRASOUND

#### Abdomen

Have nothing to eat or drink (except water) for six hours prior to examination.

#### Pelvis, Kidneys/Bladder

Drink one litre of water, 1.5 hours prior to your exam. Finish all water one hour before your appointment. Do not empty the bladder.

#### Abdomen & Pelvis Combined

Do not eat for six hours prior to the examination. Drink one litre of water, 1.5 hours prior to your exam. Finish all water one hour before your appointment. Do not empty the bladder.

### OBSTETRICAL ULTRASOUND

#### Complete Obstetrical Assessment, Early, NT, Detailed

Drink one litre of water, 1.5 hours prior to your exam. Finish all water one hour before your appointment. Do not empty the bladder.

#### Biophysical Profile (BPP)

Prior to the examination have a snack.

### MAMMOGRAPHY

Do not use deodorant, antiperspirant, lotion, or powders before the examination. If tenderness is an issue, stay on a caffeine-free diet. Delay booking until premenstrual tenderness subsides. Please wear a two-piece outfit.

### NUCLEAR IMAGING

You will be given an injection of a radioactive tracer and images will be obtained either immediately or after a delay of up to a few hours. If you have had a barium study less than one week prior or there is a chance of being pregnant, please contact our Patient Experience Coordinators as imaging may be delayed.

TYPE OF STUDY	PREPARATION	EXPECTED DURATION
Bone Scan – with or without SPECT/CT	None	15 min. first appt./up to 1 hour second appt.
HIDA Biliary Scan	Nothing to eat or drink 6 hours prior to appt.	2 to 3 hours
Thyroid Scan	No thyroid medications or multivitamins/supplements with iodine for 2 weeks prior. No CT or X-ray dye for 4 weeks prior.	45 minutes

### X-RAY (walk-in only)

Please note not all of Mayfair Diagnostics' clinics provide X-rays. X-rays are performed on a **walk-in** basis; no appointment necessary.

### CALGARY SOUTHEAST

**Mahogany Village Market** • 230, 3 Mahogany Row SE  
Bone Mineral Densitometry, Breast Imaging, Nuclear Medicine Imaging, Pain Management, Ultrasound.  
*X-ray (walk-in only) hours 8 a.m. to 4 p.m. Mon-Fri.*

**Southcentre Mall** • 177, 100 Anderson Rd. SE  
Bone Mineral Densitometry, Breast Imaging, Ultrasound.  
**No X-ray service.**

**South Calgary Health Centre** • 105, 31 Sunpark Plz. SE  
*X-ray (walk-in only) hours 7:30 a.m. to 11 p.m., 7 days/week.*

**Sunpark Professional Centre** • 125, 40 Sunpark Plz. SE  
Bone Mineral Densitometry, Breast Imaging, Nuclear Medicine Imaging, Ultrasound. **No X-ray service.**

### CALGARY NORTHEAST

**Castleridge Plaza** • 20, 55 Castleridge Blvd. NE  
Bone Mineral Densitometry, Breast Imaging, Nuclear Medicine Imaging, Pain Management, Ultrasound.  
*X-ray (walk-in only) hours 7:30 a.m. to 4 p.m. Mon-Fri.*

**Coventry Hills Centre** • 457, 130 Country Village Rd. NE  
Bone Mineral Densitometry, Breast Imaging, Ultrasound.  
*X-ray (walk-in only) hours 8 a.m. to 4 p.m. Mon-Fri.*

**Sunridge Plaza** • 150, 3363 – 26 Ave. NE  
Bone Mineral Densitometry, Breast Imaging, Ultrasound, Vascular Lab.  
*X-ray (walk-in only) hours 8 a.m. to 4 p.m. Mon-Fri.*

### CALGARY CENTRAL

**The CORE** • 417, 751 – 3 St. SW (on the 4th floor next to the food court in The CORE Medical Centre)  
Bone Mineral Densitometry, Breast Imaging, Ultrasound.  
*X-ray (walk-in only) hours 7:30 a.m. to 4 p.m. Mon-Fri.*

### CALGARY NORTHWEST

**Beacon Heights Shopping Centre** • 440, 12024 Sarcee Trl. NW  
Bone Mineral Densitometry, Breast Imaging, Ultrasound.  
*X-ray (walk-in only) hours 8 a.m. to 4 p.m. Mon-Fri.*

**Crowfoot Business Centre** • 401, 400 Crowfoot Cres. NW  
Bone Mineral Densitometry, Breast Imaging, Ultrasound.  
*X-ray (walk-in only) hours 8 a.m. to 4 p.m. Mon-Fri.*

**Market Mall Professional Centre** • 333, 4935 – 40 Ave. NW  
Bone Mineral Densitometry, Breast Imaging, Nuclear Medicine Imaging, Pain Management, Ultrasound.  
*X-ray (walk-in only) hours 8 a.m. to 8 p.m. Mon-Thu; 8 a.m. to 4 p.m. Fri and Sun.*

### CALGARY SOUTHWEST

**Aspen Landing** • 105, 339 Aspen Glen Lndg. SW  
Bone Mineral Densitometry, Breast Imaging, Ultrasound.  
*X-ray (walk-in only) hours 8 a.m. to 4 p.m. Mon-Fri.*

**Mayfair Place** • 132, 6707 Elbow Dr. SW  
Bone Mineral Densitometry, Breast Imaging, Cardiac Imaging, CT, MRI, Nuclear Medicine Imaging, Pain Management, Ultrasound.  
*X-ray (walk-in only) hours 8 a.m. to 4 p.m. Mon-Sat.*

**Westbrook Professional Building** • 200, 1610 – 37 St. SW  
Bone Mineral Densitometry, Breast Imaging, Ultrasound.  
*X-ray (walk-in only) hours 8 a.m. to 4 p.m. Mon-Fri.*

### COCHRANE

**Cochrane Grande Plaza** • 1123, 116 Grande Blvd.  
Bone Mineral Densitometry, Breast Imaging, Pain Management, Ultrasound.  
**No X-ray service.**