Valley Medical Center
Imaging Services & Locations

[Location]

1. Valley Diagnostic Imaging Services
   Olympic Building
   400 S. 43rd St.
   Renton, WA 98055

   Breast MRI & MRI Guided Breast Biopsy,
   Low-Dose CT, MRI, 3T MRI and Open MRI

2. Valley Diagnostic Imaging Services
   Medical Arts Center
   4033 Talbot Road S., Suite 360
   Renton, WA 98055

   Digital Radiography, Fluoroscopy,
   Ultrasound, PET/CT

3. The Breast Center
   Medical Arts Center
   4033 Talbot Road S., Suite 470
   Renton, WA 98055

   2D & 3D Screening and Diagnostic Mammography,
   Ultrasound, Galactography,
   Stereotactic Core Biopsy, Ultrasound Guided Biopsy,
   Bone Density (BDM or DEXA)

4. Valley Medical Center
   Hospital Diagnostic Imaging Services
   400 S. 43rd St.
   Renton, WA 98055

   CT, Digital Radiography, Fluoroscopy,
   Interventional Radiology, Nuclear Medicine,
   Pain Management Procedures, Ultrasound

5. Vantage Radiology
   Interventional Services
   4174 Lind Ave. SW
   Renton, WA 98057

   Pre-procedure consultation,
   post-procedure follow-up

6. The Breast Center - Covington
   16850 SE 272nd St, 2nd Floor
   Covington, WA 98042

   2D & 3D Screening Mammography,
   Bone Density (DEXA)

[Hours]

1. Valley Diagnostic Imaging Services
   M - F: 5:30 am - 9:00 pm
   Sat, Sun: 8:00 am - 12:00 pm (MRI Only)

2. Valley Diagnostic Imaging Services
   M - F: 7:00 am - 5:30 pm

3. The Breast Center
   M - F: 7:00 am - 5:30 pm
   Sat: 7:30 am - 4:00 pm

4. Valley Medical Center
   24 hours / 7 days a week
   Radiologists readily available

5. Vantage Radiology
   M - F: 8:00 am - 5:00 pm

6. The Breast Center - Covington
   M, Tu, W, F: 8:30 am - 4:00 pm
   Th: 9:30 am - 4:30 pm

[Phone/Fax]

1. Valley Diagnostic Imaging Services
   425.656.5550 Ph.
   425.656.5552 Fax

2. Valley Diagnostic Imaging Services
   425.251.5255 Ph.
   206.575.2571 Fax

3. The Breast Center
   425.656.5588 Ph.
   425.656.5563 Fax

4. Valley Medical Center
   425.251.5183 Ph.
   425.656.5009 Fax

5. Vantage Radiology
   253.661.4661 Ph.
   253.661.1356 Fax

6. The Breast Center - Covington
   425.656.5588 Ph.
   425.656.5563 Fax

www.valleymed.org
Price Line: 253.661.4750
www.vrads.com
Magnetic Resonance Imaging (MRI):

***MRI Scan Preparation:***

Under most circumstances, no special diet, medication or fasting is required before your MRI exam. If you feel you may be claustrophobic, please contact VDIS Olympic Building prior to your appointment day to discuss options.

**SEDATION:**

**Oral:** This medication must be prescribed by your referring physician. Patients who will be taking oral sedation, must arrive 45 minutes prior to their appointment to complete their registration prior to taking their sedation medication. Once they take their medication they must remain on site until their appointment.

The result of an MRI can be altered by the presence of metal. The technologist will instruct you on the proper care of your metallic jewelry.

Important: Caution needs to be used if you have a pacemaker, inner ear implants, blood vessel surgical clips in the brain or some metal implants. Please notify the physician or technologist if you have any of the above, or are uncertain whether you do.

- **Abdominal MRI:** No food or drink 4 hours prior to your appointment.
- **MRCP:** No food or drink 4 hours prior to your appointment.
- **Liver:** No food or drink 4 hours prior to your appointment.
- **Pelvic Organs:** No food or drink 4 hours prior to your appointment. (Pelvis without additional organ has no preparation requirements.)
- **Arthrogram:** Please let them know at the time of scheduling if you are on blood thinners. No preparation necessary. An Arthrogram is a study of joint spaces. Following the use of a local anesthetic, contrast material is injected into the joint space. Images will be taken. After your exam is complete, the contrast material will be completely reabsorbed in 24 to 48 hours. The radiologist recommends that your activity be limited for 24 hours after the exam.

**VDIS MEDICAL ARTS CENTER**

425.251.5255 ph 206.575.2571 fax

**CT Scan:**

- **1/2 to 1 hour:** A CT, computerized tomography (or CAT) scan is a special examination in which multiple "slices" or pictures are taken through an area of the body. You will be given a liquid to drink that allows us to see your intestines. To insure a satisfactory study it is necessary that your bladder is full. The technologist will place a speculum into the vagina. A small tube will be placed into your rectum, and remove the foil wrapper and insert the suppository into the rectum.

**CT KUB (kidney stones):** 20 minutes. No preparation necessary. Please call 425.656.5550 for image and report requests.

**Sinus Series, Sinus 1 View:** 20 minutes. No preparation is necessary.

**Chest x-ray, Plain x-ray:** 20 minutes. Radiography, or X-ray involves exposing a part of the body to a small dose of radiation to produce an image of the internal organs. When X-rays penetrate the body, they are absorbed in varying amounts by different parts of the anatomy. There is no special preparation required for most X-rays.

**Ultrasound Exam:** 40 minutes. Sound waves are used to examine internal organs. Obstetrical ultrasound is used to determine the baby’s age, position, appearance of body parts, volume of fluid around the baby, and the position of the placenta. An ultrasound technologist will use a warm gel to apply to the skin which allows the sound waves to be transmitted and received from inside the body. The images are recorded on film. No radiation is utilized to produce the images.

Children may not accompany you into the exam room. Please make arrangements for your children during your examination.

**Ultrasound Preparation:**

- **Abdomen and/or Gallbladder:** For 8 hours prior to the exam, take nothing by mouth except medications with water.
- **Aorta:** For 6 hours prior to the exam, take nothing by mouth except medications with water.
- **Combination Exam (Abdomen and Pelvis):** For 8 hours prior to the exam, take nothing by mouth except medications. Finish drinking four 8 oz glasses of water or other non-carbonated beverage, one hour prior to your appointment. Do not urinate until after your examination is completed. A full bladder is necessary.
- **Obstetrical or Pelvis:** Finish drinking four 8 oz glasses of water or other non-carbonated beverage, one hour prior to your appointment. Do not urinate until after your examination is completed. A full bladder is necessary. Diabetics patients don’t need to drink water.

**CT Head, CT Neck, CT Chest (Thorax):** No solid food or drink 2 hours prior to your appointment. Drink plenty of fluids the day before the exam.

**CT Sinus, Comprehensive/CT Sinus, Limited:** No preparation necessary.

**CT Abdomen or Pelvis (complete):** No solid food or drink 2 hours prior to your appointment. Medications may be taken. Please arrive one hour and 20 mins prior to your appointment. You will be given a liquid to drink that allows us to see your intestines. Please drink plenty of liquids the day before your exam.

**CT Angiogram (no oral contrast necessary):** No solid food or drink 2 hours prior to your appointment. Medications may be taken. Please drink plenty of liquids the day before your exam.

**CT Colonography:** Specific preparation is necessary. Be sure you have been given additional preparation documentation.

**CT Lung Screen:** No preparation is necessary.

**MRI Scan:** 1/2 to 1 hour. Magnetic resonance imaging (MRI) is a simple, painless examination that uses magnetic fields and radio waves to "see" internal organs and soft tissue without the use of X-rays. Both safe and painless, MRI has no known side effects.

**Fluoroscopies:**

- **Barium Enema:** 1 hour. A barium enema is an examination of your large intestine. A tube will be placed in your rectum, and barium and air will be instilled through the tube to fill the intestine. To insure a satisfactory study it is necessary that your bowel be entirely free of fecal material. To accomplish this, it is important the instructions be followed completely, and that no food or drink other than those listed be substituted. You may expect the laxative to begin its clearing action approximately three to eight hours after you take it.

**Preparation the DAY BEFORE the exam:** A non-residue diet is required beginning 24 hours before the examination. This may consist of clear soup, sugar-free jelly, liquid non-pulpy unsweetened juice, sugar-free soda, black coffee or tea without sugar or milk. Do not eat or drink any solid foods, milk or cream. Be sure to read all the accompanying directions and warnings thoroughly before using the kit. If you have any questions, be sure to ask your doctor.

1) Drink one glass of water each hour, from 1 p.m. to 9 p.m.
2) At 5 p.m.: Slowly add to 8 oz. of cold water in a large (minimum 12 oz.) glass, the contents of packet (Magnesium Citrate) while gently stirring. After fibrating stops, stir again and drink.
3) At bedtime: Take the four enclosed Bisacodyl tablets with a glass of water. Do not chew tablets. Tablets taken at bedtime are usually effective by the following morning.

**Preparation the MORNING of the exam:**

1) Do not eat or drink anything to eat or drink.
2) To use the Bisacodyl Suppository, push it through the back and remove it from the blister, remove the foil wrapper and insert the suppository into the rectum two hours before your appointment time. Retain for 15 minutes. A laxative may be taken following the exam to prevent constipation caused by the barium. Drink plenty of fluids after your exam.

**Esophogram:** 20 minutes. An Esophagram is an examination of your throat and esophagus. While you swallow the barium, the radiologist will observe it on a fluoroscope and take a series of X-rays.

**Preparation:** No food or drink 2 hours prior to appointment time. A laxative may be taken following the exam to prevent constipation caused by the barium. Drink plenty of fluids after your exam.

**Cystogram:** 1 hour. This is a study of the bladder and urethra. A catheter is placed into the bladder and contrast material is instilled until your bladder is full. The technologist will take several images including one while you empty your bladder. Preparation: None.

**Hysterosalpingogram:** 1 hour. Also called HSG, this is an examination of the uterus and fallopian tubes to evaluate for blockage, inflammation and other diseases. The radiologist will place a speculum into the vagina. A small tube will be placed into the uterus and contrast material injected. The doctor will watch under fluoroscopy, and obtain images. After the examination is completed, some cramping and spotting may occur.

**Preparation:** 1) The exam should be scheduled to occur 7-10 days after the first day of a normal menstrual period. 2) Do not have intercourse from the beginning of your menstrual period until the examination is completed.

**Small Bowel Series:** 2-4 hours. This is a study to evaluate the small intestine. It may be performed on its own or after an upper gastrointestinal series. Barium is taken orally. A series of X-rays are taken as barium flows from the stomach through the small intestine to the colon.

**Preparation:** Do not eat, drink, chew gum or use tobacco after midnight the night before your exam. Continue any prescribed medications but use as little water as possible. A laxative may be taken following the exam to prevent constipation caused by the barium. Drink plenty of fluids after your exam.

**UGI-Upper Gastrointestinal Series:** 30 minutes. This is a study of the esophagus, stomach and duodenum after drinking barium. The radiologist will observe a TV screen/fluoroscope while placing the patient in a variety of positions. Images are obtained during and after fluoroscopy.

**Preparation:** Do not eat, drink, chew gum or use tobacco after 10 p.m. the night before your exam. Continue any prescribed medications but use as little water as possible. A laxative may be taken following the exam to prevent constipation caused by the barium. Drink plenty of fluids after your exam.