

CONTACT INFORMATION

STRATHROY MIDDLESEX GENERAL HOSPITAL

395 CARRIE STREET, STRATHROY,
ONTARIO, N7G 3J4

PAID PARKING

SERVICES:

X-Ray, Gastrics, Ultrasound, CT,
BMD, Mammography,
Echocardiograms



CENTRAL BOOKINGS

Please fax completed requisition to:

FAX: (519)245-3843

Phone: (519)246-5911

Toll Free: 1-866-269-8384

Monday to Friday 8:30am – 4:00pm

CT requisition is available at:

<https://www.swpca.ca/EMRResource/>

FOUR COUNTIES HEALTH SERVICES

1824 Concession drive, RR#3,
Newbury, Ontario, N0L 1Z0

FREE PARKING

SERVICES:

X-Ray, Ultrasound, ECG'S, Holter
Monitors

EXAM PREPARATION

GASTRICS/FLUORO

SMALL BOWEL

You will need to purchase the following items from the pharmacy:

-Two Dulcolax 5mg tablets

-One box of PICO-SALAX (contains 2 sachets)

-Anti-nausea tablets

One day before exam: You may have breakfast as usual, then restrict yourself to clear fluids (i.e. clear fruit juice, clear tea, black coffee, Jell-O, clear broth). You should drink plenty of fluids throughout the day.

8am:

Take two 5mg Dulcolax tablets. This is a gentle laxative with delayed reaction.

2pm:

Take the FIRST sachet of PICO-SALAX.

Dissolve in 150mls (5ounces) of cold water. Stir 2-3 minutes and drink the solution. If it becomes hot, wait until it cools down before you drink it. Your bowels may start to move in an hour. Take anti-nausea tablets if needed. *Drink 5-6 glasses (40-48 OUNCES) of clear fluids (especially sport drinks) to help flush out your bowel.*

8pm:

Take the SECOND sachet of PICO-SALAX.

Dissolve in 150mls (5ounces) of cold water. Stir 2-3 minutes and drink the solution. If it becomes hot, wait until it cools down before you drink it. Your bowels may start to move in an hour. Take anti-nausea tablets if needed. *Drink 5-6 glasses (40-48 OUNCES) of clear fluids (especially sport drinks) to help flush out your bowel.*

UPPER GI SERIES

Nothing to eat or drink 10 hours prior to appointment time. Hold all medications by mouth until after exam

MODIFIED BARIUM SWALLOWS:

No preparation

ULTRASOUND

OBSTETRIC & PELVIC ULTRASOUND

FINISH drinking 5 (8-oz) glasses of water 1 hour before the exam and do not empty bladder

ABDOMEN ULTRASOUND

NOTHING to eat or drink 10 hours before exam. May take prescription medication with small amount of water.

AORTA ULTRASOUND

NOTHING to eat or drink 4 hours before exam

KIDNEYS AND BLADDER ULTRASOUND

FINISH drinking 5 (8-oz) glasses of water 1 hour before the exam and do not empty bladder

KIDNEY ULTRASOUND

No preparation

BONE MINERAL DENSITY

- Wear elastic waistband
- No metal at all in clothing
- No underwire bra
- No calcium supplement 24 hours prior to exam
- Bring reading glasses if needed
- Bring interpreter if needed

Baseline (1st BMD in Ontario)
Low Risk (2nd test- 3 years)
Low Risk (3rd test- 5 years)
High Risk (once every 12 months)

PATIENT INFORMATION

1. Please bring your health card and **register 15 -20 minutes prior to your appointment time at patient registration in the front lobby**
2. Please call if you are unable to keep your appointment
3. Take all prescribed medications unless instructed and bring a list of medications with you for your exam
4. Diabetic patients: If instructions require fasting or clear fluid diet, please request early appointment. **Continuous Glucose Monitors** cannot be worn during procedures that use radiation. (CT/BMD/Mammograms and X-ray). Patients will need to remove the sensor for the test then apply a new sensor after the procedure
5. For safety reasons, young children will not be permitted in the room during your examination
6. Kindly advise us of any mobility issues prior to your exam
7. Please avoid wearing fragrances as we are a fragrance free environment
8. Smoking is not permitted on hospital property
9. One support person is permitted in the exam room when required
10. For all tests, wear loose clothing without buttons or zippers. Bring shorts without metal for knee imaging.