



# Imaging Tests: What to Expect

children's

HOSPITAL • ST. LOUIS

BCH HealthCare



## Welcome to the Joe Buck Imaging Center at St. Louis Children's Hospital

This chart describes the various types of radiology tests available at St. Louis Children's Hospital. Please read the information carefully and let us know if you have any questions about your child's test. A Child Life Specialist can be available to help calm your child throughout the imaging procedure.

TEST	PREP INSTRUCTIONS	EXAM DETAILS	LENGTH
<b>Barium Swallow</b> <b>Upper GI</b> <b>(gastrointestinal)</b> <b>Small Bowel</b> <b>Follow Through</b>	- Age 0 to 2: Nothing to eat or drink for 3 hours before the test. - Age 3 to 7: Nothing to eat or drink for 4 hours before the test. - Age 7 to 21: Nothing to eat or drink for 6 hours before the test. - No gum chewing on the day of the test.	Your child will drink barium, a flavored liquid, through a bottle or straw. If your child drinks from a bottle, bring his or her favorite bottle or nipple. To pass the time for your child, also pack a few favorite books or toys.	Barium Swallow/ Upper GI: 45 minutes* Upper GI/ Small Bowel Follow Through: typically 1 hour but can take 2+ hours*
<b>Full Column Barium</b> <b>Enema or Hypaque</b> <b>Enema</b>	No preparation is necessary for children with Hirschsprungs, constipation, acute abdominal pain, possible appendicitis or intussusception. For chronic abdominal pain and all other histories, see instructions under Air Contrast Enema Prep. An enema tip will be placed in the rectum. Tape will be used on your child's bottom to hold the tube in place. X-rays are taken while barium passes through tube.	In case of soiling, bring extra diapers or change of underwear for younger children.	1 hour*
<b>Gastric-Tube Check</b>	No preparation is required. For children with a gastric button.	Please bring G-tube connector to the exam.	45 minutes*

\* Typical exam time; includes registration and preparation for procedure

TEST	PREP INSTRUCTIONS	EXAM DETAILS	LENGTH
<b>Air Contrast Enema</b> <i>This test is typically ordered by a specialist.</i>	<p>- Age 0 to 1: 12 to 24 hours before exam: clear liquids only 4 hours before exam: no food or drink.</p> <p>- Age 1 to 3: 24 hours before exam: clear liquids only Evening before exam: drink magnesium citrate (1/2 oz. per year of age) and Dulcolax suppository. Day of exam: Dulcolax suppository at 6 a.m. or 7 a.m.; 4 hours before exam: no food or drink.</p> <p>- Age 3 to 24: 24 hours before exam: clear liquids only Evening before exam: magnesium citrate (1 oz per year of age) up to 8 oz. given by mouth and Dulcolax suppository. 6 hours before exam: no food or drink. Day of exam: Dulcolax suppository taken at 6 or 7 a.m.; no food or drink day of exam; nothing to eat or drink 6 hours before exam.</p> <p>(Clear liquids include: clear broth, strained fruit juices, plain Jello, tea, carbonated beverages, water, and popsicles. <b>NO formula, milk or milk products.</b>)</p>	In case of soiling, bring extra diapers or change of underwear for younger children.	1 hour*
<b>Voiding Cysto Urethrogram (VCUG)</b>	No preparation is required. If child has a urinary tract infection (UTI), patient must either be taking an antibiotic or bring documentation of a negative urine culture.	A tube will be inserted into your child's bladder and taped into place for the test.	45 minutes*
ULTRASOUND			
<b>Abdominal, Abdominal Doppler, Liver, Gallbladder or Spleen Ultrasound</b>	<p>- Age 0 to 2: Nothing to eat or drink for 3 hours before test.</p> <p>- Age 3 to 8: Nothing to eat or drink 4 hours before the test.</p> <p>- Age 9 to 21: Nothing to eat or drink 8 hours before the test.</p>	A lubricant will be applied to your child's belly for this test.	45 minutes*
<b>Pelvic Ultrasound</b>	<p><i>All patients must have completed drinking fluids 1 hour prior to exam.</i></p> <p>- Infant to 4 years: Drink as much as possible 1 hour prior to exam.</p> <p>- 4 years to 12 years: 16 to 20 ounces of fluids 1 hour prior to exam.</p> <p>- 12 years and older: 32 to 40 ounces of fluids 1 hour prior to exam. <b>Your child should not urinate after drinking fluids.</b></p>	Drinking of fluids <b>MUST BE COMPLETED</b> 1 hour prior to exam time so that your child's bladder is full for the ultrasound test.	45 minutes*
<b>Pyloric Ultrasound</b>	Nothing to eat or drink for 2 to 3 hours before exam.	This test is typically for children 3 months of age or younger.	45 minutes*
<b>Head Ultrasound</b>	No preparation is required.	This test is for 10 month olds and younger	30 minutes*
<b>Hip or Spine Ultrasound</b>	No preparation is required.	This test is for 4 month olds and younger.	30 minutes*

\* Typical exam time; includes registration and preparation for procedure

(continued on back)

TEST	PREP INSTRUCTIONS	EXAM DETAILS	LENGTH
<b>CT EXAMS</b>			
<b>All IV Contrast Computed Tomography (CT) Exams and Cardiac CT Exams</b> NOTE: Clear liquids: water, Pedialyte, Sprite, apple juice Solids: breast milk, formula, bottle milk, unstrained fruit juices, tube feedings No candy or gum during prep period.	<b>Scheduled CT Patient Needing IV Contrast NOT SEDATED:</b> - 0 to 2 years: Nothing to eat or drink for 2 hours before exam. - 3 to 21 years: Nothing to drink for 2 hours before; nothing to eat 3 hours before exam. <b>Scheduled CT Patients Needing IV Contrast SEDATED:</b> - Newborn to 6 months: no solid foods 6 hours before exam; nothing to drink 2 hours before exam. - Older than 6 months: no solid foods 4 hours before exam; nothing to drink 2 hours before exam.	Patients must arrive 60 minutes prior to exam to drink contrast and prepare for insertion of intravenous line (IV).	Scan Time: 15 minutes* Appointment may take 1 to 2 hours due to drinking of contrast.
<b>MR EXAMS</b> – We encourage our patients to bring music, CDs, and Ipod or a video as entertainment during an MR scan. Please note that not all scanners have video capability, however, all scanners do have music capability.			
<b>Cardiac Magnetic Resonance Image (MR)</b>	No preparation is required.	May require IV	1 to 2 hours*
<b>Fetal MR</b>	Nothing to eat or drink for 6 hours (no caffeine, no sugar).	None	1 hour*
<b>MRCP MR (Abdominal w/o Contrast)</b>	Nothing to eat or drink for 6 hours.	None	1 hour*
<b>MR for: Head, Orbits, Spine, Abdomen, Pelvis, Head and Spec, Head and Functional, Any 2 Parts of Spine</b>	No preparation is required.	May require IV	Varies from 1 to 3 hours*
<b>Upper Extremities MR</b>	This exam length can vary depending on the section of extremity to be scanned.	May require IV	1 to 2 hours*
<b>Lower Extremities MR</b>	This exam length can vary depending on the section of extremity to be scanned.	May require IV	1 to 2 hours*
<b>NUCLEAR MEDICINE EXAMS</b>			
<b>All nuclear medicine exams, unless identified below</b>	Drink plenty of liquids 2 days before your exam. No other prep required.	Requires an intravenous line (IV)	2 to 4 hours* Call 454-2525 for specific info
<b>GI (gastric emptying, Meckle's, hepatobility scans)</b>	Drink plenty of liquids 2 days before your exam. Nothing to eat or drink for 4 hours before the exam. For gastric emptying studies, please bring G-button tube and formula used when feeding your child, as appropriate	Requires an intravenous line (IV)	2 to 4 hours* Call 454-2525 for specific info

For sedated procedures, a nurse will call prior to your exam with specific preparation instructions.

\* Typical exam time; includes registration and preparation for procedure