


## Your IVU Appointment

 <b>National University Hospital</b> <u>Diagnostic Imaging</u> <input type="checkbox"/> Main Building, Level 2 (MB L2) <input type="checkbox"/> Medical Centre, Level 4	<b>Alexandra Hospital</b> <u>Diagnostic Imaging</u> <input type="checkbox"/> DI 2, Block 6, Level 1 <small>Alexandra Hospital A member of the NUHS</small>
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### Patient Particulars

Appointment Date & Time : \_\_\_\_\_

Estimated Fees : \_\_\_\_\_

Note:

- Patients and visitors are responsible for personal belongings.
- No medical certificate can be issued. Certificate of attendance will be given on request.

#### Late arrival may result in rescheduling of appointment.

Please arrive at least 15 minutes before the appointed time to register and prepare for the procedure. We appreciate your understanding should an unforeseen delay occur due to medical exigencies. Kindly inform us if you are unable to keep to the scheduled appointment.

### Preparation Instructions for Patient

#### 1. BOWEL PREPARATION for emptying your bowel for clearer images.

- **Refrigerate** suppository.
- Be on a **low fibre diet 2 days before** the appointment.
  - ✓ Foods that may be taken: lean meat, steamed fish, boiled rice and boiled potato
  - ✗ Foods to **AVOID**: vegetables, brown bread and fruits.
- Take **2 tablets of Dulcolax** with **plenty of water** the **night before your appointment**.

Date: \_\_\_\_\_ Time: \_\_\_\_\_

- Insert **suppository** into your rectum at **7am on the day of your appointment**.
- Time for the medication to take effect differ between individuals.

#### 2. PLEASE FAST **6 HOURS before** appointment time. \*Fast start date/time: \_\_\_\_\_

*\*If appointment time is changed, please adjust fasting start time accordingly.*

*(Staff to  the appropriate boxes)*

- For fasting **diabetic patients**, please stop all diabetic medications (including insulin injections) on the day of scan. Diabetic on **Metformin** – to **stop** Metformin on the day of the exam, and to restart after 48 hours.

Stop medication date/time: \_\_\_\_\_ Restart medication date/time: \_\_\_\_\_

**For asthma / multiple drug allergies / previous minor reaction** to injection of contrast media.

Please obtain the following prescription from your referring doctor.

- 30 mg** prednisolone on the night before the scan. Date: \_\_\_\_\_ Time: \_\_\_\_\_
- 30 mg** prednisolone on the morning of the scan. Date: \_\_\_\_\_ Time: \_\_\_\_\_

**Please bring this leaflet on the day of your appointment**

# Intravenous Urography

## Patient Information Leaflet

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5 Lower Kent Ridge Road, Singapore 119074  
Tel: (65) 6779 5555 Fax: (65) 6779 5678

**Alexandra Hospital**  
378 Alexandra Road, Singapore 159964  
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A member of the NUHS

**Intravenous Urography** is a specialised X-ray examination of the urinary tract which entails an injection of contrast medium (“dye”) into the blood vessels to render them “opaque” on the X-ray images.

### What to Expect During the Procedure

After emptying your bladder in the toilet, you will be comfortably positioned on the X-ray couch. You will then be given an injection (usually in the arm) of the contrast medium. When the contrast medium is injected, you may feel a warm sensation in the body. Do not worry, this sensation will disappear within a minute, and the contrast medium will be passed out in your urine in 15 to 30 minutes.

A compression band will be applied over your abdominal region for about 10 to 20 minutes. The compression band is necessary for better visualisation of the kidneys.

During the procedure, several X-rays images will be taken at different time intervals. When taking these X-rays, the radiographer will instruct you to hold your breath for a brief 2 to 3 seconds.

At the later stage of the procedure, you will be asked to visit the toilet to empty your bladder again before taking the x-ray. Your co-operation is important for clear images to be taken.

You will be expected to spend approximately two to three hours at the imaging centre. While the procedure itself will take between 30 to 60 minutes (depending on individual’s medical condition), you are required to go through the pre and post procedure preparations. It is therefore advisable that you do not schedule other appointments within this period.

### After the Procedure

You may resume normal activity after the procedure. Your doctor will advise you of the results at your next appointment.

### Important Points to Note

- ✓ Please inform your referring doctor if you have **asthma, severe drug allergies, renal problems** or are taking a **diabetic medication** called **Metformin** (Glucophage).
- ✓ **Please inform us if you are breastfeeding** or **if there is a possibility you are pregnant.**



### What Are the Risks

The main risks of the procedure are allergic reactions to the contrast agent and leakage of the contrast outside the vein. These risks are low and we will take all necessary precautions to minimise these risks. For any enquiries about the procedure, kindly approach any of our staff.

**Should you have any queries or require further clarifications, please contact:**

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