Your IVU Appointment

☐ Diagnostic Imaging @ MB L2 (Mon – Fri, 8am – 6pm)
☐ Diagnostic Imaging @ NUH Medical Centre Level 4 (Mon – Fri, 8.30am – 6pm)

Patient Particulars:

<table>
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<th>Appointment Date/ Time</th>
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<th>Estimated Fees for Outpatient</th>
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Note:
- Please do not bring valuables or excess cash with you. Patients and visitors are responsible for personal belongings.
- No medical certificate can be issued for this appointment. Certificate of attendance will be given upon request.

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: ____________

Other special instructions: ____________________________

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

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The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is correct at time of printing (Oct/2012) and subject to revision without prior notice.

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