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If you are coming in for testing, please refer to the corresponding instructions below.

TEST	PREPARATION
Renal Arties	Nothing to eat, smoke, drink or chew 12 hours prior. Also Beginning 1 hour before the exam drink 32 oz. of water. Drink all of the water within 15 minutes. Do not urinate until after exam. Please schedule before 10 am
Ultrasound of Abdomen, Gallbladder, Pancreas, Liver, Spleen and Aortic	Nothing to eat, smoke, drink or chew 12 hours prior.
Pelvic, Pregnancy or Bladder Ultrasound, Renal/Kidney	Beginning 1 hour before the exam drink 32 oz. of water. Drink all of the water within 15 minutes. Do not urinate until after exam.
Ultrasound of Heart(Echo)Testicle, Scrotum, Thyroid, or Breast	No advanced preparation.
Ultrasound of Prostate	Cleanse bowel using Fleet's enema 1 1/2 to 2 hours before exam.
Venous or Arterial(ABI) US of the legs.	Wear very loose fitting shorts that allow full examination of legs from the groin to the feet
Carotid Ultrasound	No turtlenecks or necklaces.
Mammogram	No deodorant, antiperspirant, or lotion.
Stress Test	Athletic or Walking shoes.
Bone Density	Slacks w/o zippers or buttons preferred.
Fasting Labs	Nothing to eat or drink except water 12 hours before lab work. Water and regular medicines are encouraged. You may have coffee with nothing in it.

***We only allow Patients in the diagnostic testing areas unless you are a parent of a minor as there is limited space. In order for the tech to fully concentrate and obtain the best images, adults coming in for appointments will not be able to bring their children with them into the testing area for their appointment.**

Good News!

You are now able to receive your results right online through our **FREE** and secure online Patient Portal through Follow My Health. The Patient Portal gives the providers at CCMC, the ability to give you your results quicker. This is how you will now receive your results from your provider. If you haven't already registered for your **FREE** portal account, please give your email address to a staff member and ask them to invite you to the portal.

Website: www.clintoncountymedicalcenter.com