

My Diagnostic Imaging Appointment Checklist

Use this guide to prepare for your scan. Being prepared helps ensure your test is successful, safe, and stress-free.

Part 1: Before Your Appointment

Appointment Details:

- **Type of Scan:** (e.g., MRI, CT scan, X-Ray) _____
- **Facility Name:** _____
- **Address:** _____
- **Date:** _____ **Time:** _____
- **Facility Phone Number:** _____

My Doctor's Info:

- **Referring Doctor:** Dr. _____
- **Doctor's Phone Number:** _____

Preparation Instructions (My "To-Do" List):

- **Fasting?** (No food or drink) Yes / No
 - If yes, starting from what time? _____
- **Contrast Dye?** (IV or drink) Yes / No / Unsure
- **Medications:** Did my doctor tell me to stop any medications?

- **Sedation:** Am I receiving sedation for anxiety? Yes / No
- **My Ride Home:** (REQUIRED if sedated)
 - **Driver's Name:** _____ **Phone:** _____

Part 2: What to Bring (and What to Leave at Home)

Must-Bring List:

- Photo ID (Driver's License)
- Health Insurance Card
- Doctor's Order (the prescription/script for the scan)
- List of my current medications
- List of my known allergies (especially to iodine or shellfish)
- (If getting an MRI) Comfortable socks (the room is cold!)

Leave at Home (Especially for MRI):

- All jewelry (necklaces, watches, rings, earrings)
- Metal hair clips, pins, or ties
- Cell phone and credit cards (must be left in a locker)
- Hearing aids (check with the facility first)

What to Wear:

- **Goal:** Comfort, no metal.
- Sweatpants, joggers, or athletic shorts (no zippers)
- A simple t-shirt or sweatshirt (no metal snaps or glitter)
- (For women) A sports bra or bra with no underwire

Part 3: Questions for My Doctor / The Technologist

- How long will this test take?
- (If applicable) What are the common side effects of the contrast dye?
- (For MRI) Can I listen to music?
- When should I expect my doctor to have the results? (Confirming the radiology results timeline)
- _____
- _____

Important Safety Check (For MRI/CT): *Do I have any of the following? (I must tell the technologist)*

- Pacemaker or defibrillator
- Cochlear implants
- Brain aneurysm clips
- Stents or metal implants
- Shrapnel or metal fragments
- Possibility of being pregnant