

APPOINTMENT

Date: _____

Time: _____

SCHEDULING INFORMATION

Pierce Scheduling

Phone: 253-761-4200 | Fax: 253-761-4201

Thurston Scheduling

Phone: 360-413-8383 | Fax: 360-413-8323

tranow.com/patientportal

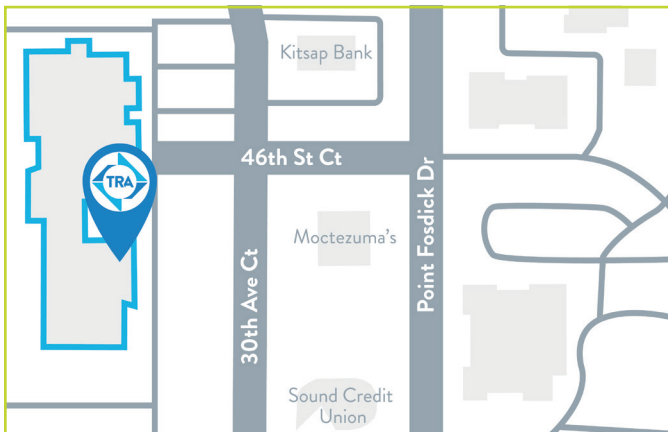
TRA Auburn

122 3rd St NE Ste 101A, Auburn WA 98002



TRA Gig Harbor

4700 Point Fosdick Dr NW Ste 110, Gig Harbor WA 98335



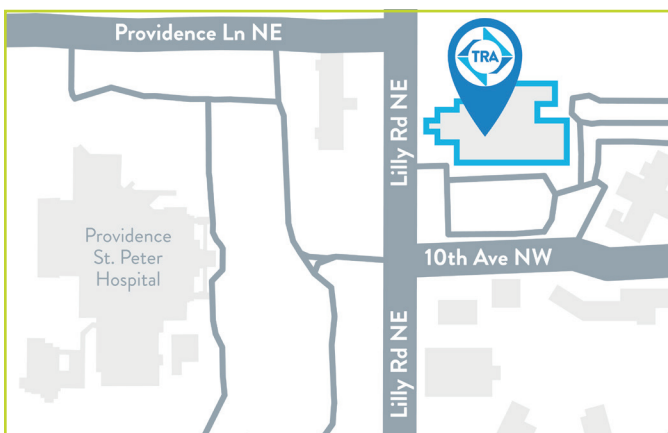
TRA Lakewood

5919 100th St SW, Lakewood WA 98499



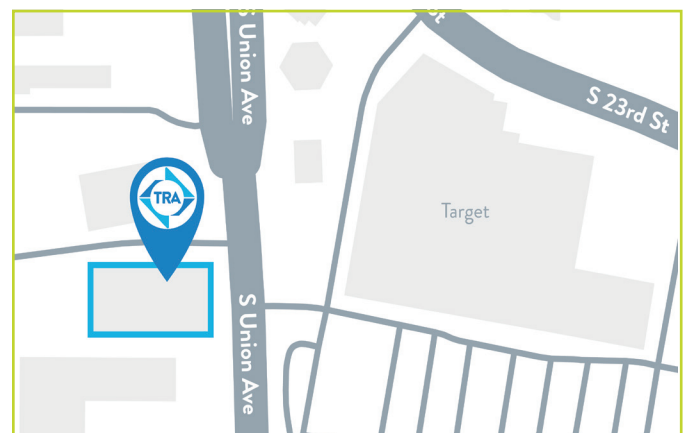
TRA Olympia - on Lilly

500 Lilly Rd NE Ste 160, Olympia WA 98506



TRA Tacoma - on Union / Union Avenue Open MRI

2502 S Union Avenue, Tacoma WA 98405



EXAM PREPARATIONS

BONE DENSITOMETRY (DEXA)

No calcium or calcium supplements taken 24 hours prior to the exam. No metal zippers or buttons on clothing. Bring a list of all medications and supplements to the exam.

CT

Creatinine level may be required on contrast exams.

Abdomen/Pelvis

Please arrive 1 hour early to drink oral contrast.

Without Contrast

No preparation required. Wear comfortable clothing.

With Contrast

No solid foods 4 hours prior to the exam. Clear liquids only 2 hours prior to the exam.

Fluoroscopy

Contact (253) 761-4200 for exam-specific preparation instructions.

MAMMOGRAPHY

No powders, deodorants, or perfumes.

MRI

Abdominal/Pelvis

NPO 4 hours

Creatinine level may be required on contrast exams.

All Studies

No metal items may be worn during the procedure, including: Pacemakers, watches, wallets, keys, piercing(s), bras, etc. You may be required a scout film of the eyes. You will be asked to wear a patient gown.

All other studies

No preparation required.

ULTRASOUND

Abdomen

Eat a fat-free meal before your exam. Nothing to eat or drink 6 hours prior to appointment time. Visit website for fat-free guidelines.

Pelvis

Finish drinking 32 oz. of water (no other fluids) 1 hour prior to the exam and hold your bladder. There are no food restrictions for this exam.

Obstetrical

- **Trimester 1:** drink 32 oz. of water only (no other fluids) 1 hour prior to scheduled exam and hold your bladder.
- **Trimester 2:** drink 8 oz. of water only (no other fluids) 30 minutes prior to exam and hold your bladder.
- **Trimester 3:** No preparation.

Renal

Drink 16 oz. of water only (no other fluids). Time drinking so that you are finished 45 minutes prior to your appointment and hold your bladder.

ALL OTHER EXAMS AND STUDIES

Contact 253-761-4200 for exam-specific preparation instructions.