



Cardiac Calcium Scoring

*Physician order required.

Your physician may order this test if you have risk factors for coronary artery disease. A CT scan is used to check for the buildup of calcium in plaque on the walls of coronary arteries. To schedule, call 416.3006.

You will need to remove any jewelry that could interfere with the X-ray. You may be able to wear loose-fitting clothing with no zippers or snaps for the exam. If you need to remove any clothing, you will be given a gown.

Colonography

*Physician order required.

This minimally invasive screening of the large intestine is a relatively short procedure. You will have no IV or sedation and will need no recovery period. You will lie on a table and receive CO₂ through a small tube in the rectum. You will be scanned while lying on your back and on your stomach. To schedule, call 416.3380.

Preparation for this test is a laxative to clean the colon, and barium markers to mark the inside of the colon and distinguish polyps. Prep begins 2 days prior to the exam.

Colonoscopy

*Physician order required.

This screening is an alternative to the colonography screening, and polyps can be removed during the exam. For this exam, you will be connected to monitors and oxygen, positioned on your left side, and will receive sedation medication through an IV. The procedure takes 30–45 minutes, with about a 30 minute recovery period. To schedule, call 416.3380.

The day before, your preparation will consist of clear liquids and a laxative to clean your bowels. Examples of clear liquids are ginger ale, sprite, Jello® (not red), tea (no sugar or milk) and black coffee. You should have nothing by mouth after midnight or per your physician's orders.

DEXA Scan

*Physician order required.

This non-invasive test is used to determine bone density. To schedule, call 416.3006.

If you are taking calcium supplements, stop taking them 48 hours before your test. If you are taking medication for Osteopenia or Osteoporosis, do not take them the day of your test. You can eat and drink normally. Wear loose-fitting clothing with no metal zippers or buttons, and remove any metal jewelry.

Inform the technician if you have had a hip or back injury. And since most technicians measure the hip of your non-dominant hand, it may be beneficial to let them know if you are left handed.

Lipid Profile

This blood test determines total cholesterol, HDL-cholesterol, LDL cholesterol and triglycerides, and takes only a few minutes. A small amount of blood is drawn from your arm and is then sent to a lab.

To schedule, call 416.3006.

Avoid eating fatty foods the evening before your test, and nothing to eat or drink after midnight. Medication may be taken with a small amount of water on the morning of your test, but some medicines may affect test results, so make sure your healthcare provider is aware of any medicines, herbs or supplements you are taking. Don't stop any regular medicines without first consulting your healthcare provider. Do not drink alcohol for 24 hours, and avoid exercise for 12 to 14 hours before the test.

Digital Mammography

An X-ray of the breast, a mammogram is an important tool in diagnosing and evaluating breast cancer. The total time for your digital mammogram will be about 5–10 minutes. To schedule, call 416.3006.

You should not wear anti-perspirant, deodorant, talcum powder, lotion or perfume under your arms or in the breast area, as the chemicals can interfere with the reading.

EKG/Treadmill

*Physician order required.

This test takes approximately one hour and monitors your heart during exercise.

For the test, sticky electrodes are attached to the chest, shoulders and hips and connected to an EKG machine. To schedule, call 416.3006.

To avoid nausea, avoid eating or drinking for three hours prior to the test. Wear clothing and shoes suitable for exercise. If you take any heart medication, you may need to stop taking it one to two days prior to the test—check with your physician.

Dupont Center for Sleep Health

The Dupont Center for Sleep Health can help diagnose and treat sleep problems such as chronic insomnia, sleep apnea, narcolepsy, restless leg syndrome, snoring and others. Call 416.5820 to schedule a screening sleep study.

Before a sleep study, you will be asked to complete a short questionnaire and to keep a sleep diary. The study, which requires an overnight stay in our sleep center, is a pain-free experience in a comfortable home-like setting. You will be connected to monitoring equipment and your sleep patterns monitored through the night.

Personal Lifestyle Management

Dupont Hospital offers a program with one-on-one coaching designed to help reduce your risk for heart attack or stroke while improving your overall health. The individualized program focuses on practicing good nutrition, exercising regularly and properly, quitting tobacco use and managing stress. Call 416.3009 to inquire about the program or go to "TheDupont-Difference.com."

Patient Name _____ Date of Birth _____

Please schedule these screenings _____

Significant History _____

Ordering Physician _____

Physician Signature

This is a hospital order for your procedure. Please bring this order to Dupont Hospital the day of your procedure.