

## Patient preparation for urography

Recent urea and creatinine laboratory test results (not older than 20 days) should be brought upon arrival.

Please avoid taking larger amounts of coffee, carbonated drinks, milk, dairy products, grilled meat and barbecue several days before the scheduled imaging appointment.

One day before the imaging you should eat:

- ❖ a light breakfast (tea, bread, toast, spread)
- ❖ a light lunch (chicken or turkey steak, potato or rice)
- ❖ a light dinner (dry polenta) around 6 PM.

Drink one MOVIPREP (or X-PREP) syrup at 11 AM. Take 2 to 3 litres of sweetened tea or non-carbonated mineral water during the afternoon.

Come on an empty stomach (do not eat or drink anything) in the morning. If the imaging is scheduled later during the day, you must not eat 4 hours before the examination.

If you have a diabetes please:

Take 15 grams of Epsom salt dissolved in one litre of water. Drink it within 30 to 45 minutes around 11 AM or 2 PM for working people.

Contraindications for all types of X-ray examination are:

- ❖ pregnancy