

# ZILKHA RADIOLOGY

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## Preparation for a Prostate Exam

### Ultrasound of the Prostate Instructions:

#### **Purchase:**

- Fleet's enema

#### **Directions:**

- Take the Fleet's enema the morning of the test.
- Nothing to eat 4 hours before the exam. You can drink water or other clear liquids during the four hours.
- 90 minutes before the test, drink 2 glasses of water and do not void

### MRI of the Prostate Instructions:

#### **Purchase:**

- Fleet's enema
- Laxative

#### **Directions:**

- Eat bland meals in the 12 hours before your MRI. We want as little air as possible in the intestines to make high quality images.
- Nothing to eat 4 hours before the exam. You can drink water or other clear liquids during the four hours.
- No coffee or any products containing caffeine for 4 hours prior to the exam.
- Do not ejaculate for 3 days prior to your exam. This will make for the best images of your seminal vessels which are located next to the prostate gland.
- Take the laxative the night before your exam.
- Take a Fleet's enema 1 hour before your exam. This will clear your rectum of stool and air improving image quality.