



Renal Artery Duplex Study

To avoid the rescheduling of your appointment please follow the prep instructions below

The day prior and the day of your exam, do not consume the following:

- Caffeinated beverages such as coffee or tea
- Carbonated or alcoholic beverages including soft drinks, beer, sparkling water, etc.
- Gas producing foods such as dairy, sugars, starches, and fiber
- Do not smoke, chew gum or suck on hard candy
- Avoid fruits and vegetables

The day prior to your exam:

- Lunch and dinner should be bland, staying away from gas producing foods.
 - o White chicken or turkey
 - o Bouillon soup
 - o Crackers
 - o Clear apple or grape juice
 - o Plain gelatin
- Nothing to eat or drink after **8 PM**, except for very small amounts of water or clear juice with your medication.
- **Take two Gas X® tabs at bedtime**
 - o Gas X® can be purchased at any drug store

Day of exam:

- **Take two Gas X® tabs prior to leaving home**
 - o Gas X® can be purchased at any drug store

Medications:

- Please continue prescribed and necessary medication which you normally take, as long as the medication can be taken without food.
- If you are an insulin dependent diabetic, it is important to eat enough to maintain your normal insulin administration. If you take your insulin, please bring a snack and juice with you to eat **after** your test is completed.

Please call the Radiology Department if you have any questions or concerns
309-649-5174