



Ernest P. Scarnati, M.D. • Jay Sokolow, M.D. • Linda P. Milici, M.D.

HAMDEN
Whitney Medical Center
2447 Whitney Avenue
203-288-7975
Fax 203-288-1012

BRANFORD
Stony Creek Medical Bldg.
6 Business Park Drive
203-481-5397
Fax 203-483-8322

NEW HAVEN
Sherman Medical Building
136 Sherman Avenue
203-777-5447
Fax 203-777-5449

EXAMINATION INSTRUCTIONS

UPPER GASTROINTESTINAL EXAM

- Nothing to eat or drink after midnight before exam.
- No breakfast or fluids the morning of the exam.
- No smoking.

BARIUM ENEMA

- Obtain an X-PREP or EVAC-Q-KWIK kit from our office. Follow instructions given by our office.

INTRAVENOUS PYELOGRAM (IVP)

- Purchase a 10 oz. bottle of citrate of magnesia at a pharmacy.
- Drink entire bottle at 3 pm the day prior to exam.
- Nothing to eat or drink after midnight.

CT SCAN

- Follow instructions given by our office.

ULTRASOUND

Abdominal Ultrasound or Gall Bladder Ultrasound

- Follow instructions given for Upper Gastrointestinal Exam

Pelvic Ultrasound

- Empty bladder 2 hours prior to exam.
- Follow immediately by drinking four 8 oz. glasses of water.
- Do not void (do not empty bladder.)

MAMMOGRAPHY

- No perfume, powder, body spray or deodorant. Two-piece outfit recommended.

DIRECTIONS TO OUR OFFICES

HAMDEN

Whitney Medical Building, 2447 Whitney Avenue

I-91 North or South to Exit 10. Follow connector to light at end. Take a left at light onto Whitney Ave. Continue on Whitney for approx. 1 mile. Whitney Medical Building is on the left. You will see two identical looking buildings. We are located in the building on the left. Entrance and parking are in rear.

From Parkway North or South to Exit 61. At end of ramp, turn right onto Whitney Ave. (Rte. #10,) follow past Town Hall. Whitney Medical Building is on the right. You will see two identical looking buildings, we are located in the building on the left. Entrance and parking are in rear.

NEW HAVEN

Sherman Medical Building, 136 Sherman Avenue

I-95 North to Exit 46 or I-95 South to Exit 1: (Oak Street Connector.) Follow Connector to last exit (near Yale New Haven Hosp. garage.) Go straight until it crosses with

Sherman Ave. Turn right on Sherman; go through one light, 136 Sherman Medical Building is on the left across from St. Raphael's Hospital.

BRANFORD

Stony Creek Medical Building, 6 Business Park Drive

From Branford Center: Go east on Main Street. Continue as it merges onto Route 1 (at Branford High School). Go 1.6 miles and turn right at the 7th light (just after TILCON rail bridge) onto Business Park Drive. Go 0.2 mile. Stony Creek Medical Center Building is on left.

I-95 South to Exit 56. At end of ramp, turn left at light onto Business Park Drive. Go straight through next light. Stony Creek Medical Building is 0.1 mile on right.

I-95 North to Exit 56. At end of ramp turn left at light onto Leetes Island Road. Turn left at first light onto Business Park Drive. Stony Creek Medical Building is 0.1 mile on right.