



医学英语讲座系列

如何与医生有效沟通

第六讲：为医疗影像检查做准备

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为医学影像检查做准备

MEDICAL IMAGING PREPARATION



1. 基本文件和照装要求

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2. 各类医学影像检查的准备工作

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医学影像前的准备工作

PREPARING FOR MEDICAL IMAGING TESTS

预约影像检查后，患者需要进行不同程度的准备，具体取决于检查类型。根据不同的影像检查（如X光、CT、乳腺摄影、超声和MRI），影像中心可能会提供不同的准备说明。

After scheduling an imaging exam, patients may need to complete different types of preparation depending on the type of test. Different imaging exams, such as X-ray, CT, mammogram, ultrasound, and MRI, may require specific instructions from the imaging center.

基本文件和着装要求

DOCUMENTS AND CLOTHING GUIDELINES

1. 必备文件 (ESSENTIAL DOCUMENTS)



医生的检查申请单 (Doctor's Requisition Form):

这是医生开具的书面检查指示，说明所需的影像检查类型。它帮助影像中心的工作人员确认患者的检查内容和目的。

This is a written exam order from the doctor, specifying the type of imaging needed. It helps the imaging center staff verify the type and purpose of the patient's exam.

健康卡或保险卡 (Health Card or Insurance Card):

健康卡或保险卡用于确认患者的身份信息和保险支付情况。某些影像中心可能还需要额外的保险表格。

A health card or insurance card is used to confirm the patient's identity and insurance coverage. Some imaging centers may also require additional insurance forms.

其他文件 (Other Documents):

某些特定检查可能需要额外的文件，例如转诊表、既往检查记录或家族病史。

Certain specific exams may require additional documents, such as referral forms, previous imaging records, or family medical history.

基本文件和着装要求

DOCUMENTS AND CLOTHING GUIDELINES

场景 (Scenario): 患者到达影像中心后，与接待员确认所需携带的文件和相关事项。

接待员 (Receptionist): 您好，欢迎来到影像中心。今天您是来做什么检查的？

Receptionist: Hello, welcome to the imaging center. What kind of exam are you here for today?

患者 (Patient): 我今天预约了腹部的CT扫描。

Patient: I have an appointment for an abdominal CT scan today.

接待员 (Receptionist): 好的，为了顺利办理登记，请您提供医生的检查申请单和健康卡。

Receptionist: Alright. To complete your registration, please provide your doctor's requisition form and your health card.

患者 (Patient): 没问题，给您。健康卡和申请单都在这里。

Patient: Sure, here you go. My health card and requisition form are right here.

接待员 (Receptionist): 谢谢。我看到您是由张医生转诊过来的，检查申请上注明需要注射造影剂。您对这个检查有任何问题吗？

Receptionist: Thank you. I see that you were referred by Dr. Zhang, and the form indicates a contrast injection is needed. Do you have any questions about this procedure?

患者 (Patient): 是的，检查完后报告会直接发送给我的医生吗？

Patient: Yes, will the results be sent directly to my doctor after the exam?

接待员 (Receptionist): 对，会直接发送到张医生的办公室。报告完成后，您可以联系您的医生获取结果。

Receptionist: Yes, they will be sent directly to Dr. Zhang's office. Once the report is ready, you can contact your doctor for the results.

基本文件和着装要求

DOCUMENTS AND CLOTHING GUIDELINES

患者 (Patient): 我还需要带其他文件吗?

Patient: Do I need to bring any other documents?

接待员 (Receptionist): 不需要, 您带的文件已经足够了。稍等片刻, 我帮您完成登记, 之后会有技师来带您进行检查。

Receptionist: No, the documents you provided are sufficient. Please wait a moment while I complete your registration, and a technician will come to take you for your exam shortly.

患者 (Patient): 好的, 谢谢您!

Patient: Okay, thank you!

接待员 (Receptionist): 不客气。祝您检查顺利!

Receptionist: You're welcome. Have a smooth exam!

基本文件和着装要求

DOCUMENTS AND CLOTHING GUIDELINES

2. 着装建议 (CLOTHING GUIDELINES):



宽松舒适的衣物 (Loose, Comfortable Clothing): 建议患者穿着宽松、易于更换的衣服，便于快速更换成检查服。避免穿戴难以脱下的紧身衣物或配件。

Patients are advised to wear loose, easy-to-change clothing to facilitate a quick change into a gown if required. Avoid tight-fitting clothing or accessories that are difficult to remove.

金属物品 (Metal Items): 金属物品会干扰成像效果。建议患者不佩戴首饰、手表、发夹等金属配件，并避免穿带有金属拉链、纽扣、金属丝的衣物。

Metal items can interfere with imaging. Patients are advised to avoid wearing jewelry, watches, hairpins, or other metal accessories, and to avoid clothing with metal zippers, buttons, or wires.

香水和护肤品 (Perfume and Skin Products): 部分检查（如乳腺摄影）要求患者不要在检查当天使用香水、爽身粉或乳液，以防止图像干扰。

For certain exams, like mammography, patients are asked not to use perfume, talcum powder, or other metal accessories, and to avoid clothing with metal zippers, buttons, or wires.

鞋子 (Shoes):

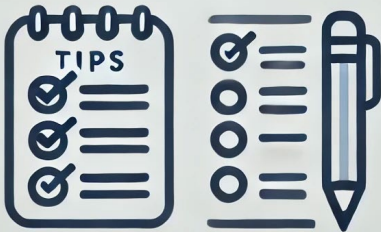
如果可能，建议穿着方便穿脱的平底鞋，以便更轻松地更换为检查服，尤其在较长时间的检查中如MRI。

If possible, wear easily removable flat shoes to facilitate changing into a gown, especially for longer exams like MRI.

基本文件和着装要求

DOCUMENTS AND CLOTHING GUIDELINES

3. 其他小贴士 (ADDITIONAL TIPS):



提前到达 (Arrive Early):

建议患者提前15到30分钟到达影像中心，以便有足够时间完成登记和更换衣物的准备工作。

Patients are encouraged to arrive 15 to 30 minutes early to allow enough time for registration and changing into a gown.

携带个人物品袋 (Bring a Bag for Personal Items):

患者可以带一个小袋子用于存放自己的物品，如首饰、钥匙、手机等，以免丢失。

Patients may bring a small bag to store personal items, such as jewelry, keys, or mobile phones, to prevent loss.

基本文件和着装要求

DOCUMENTS AND CLOTHING GUIDELINES

场景 (Scenario): 患者到达影像中心进行检查，与接待员确认检查当天的着装和个人物品准备。

接待员 (Receptionist): 您好，欢迎来到影像中心。今天您是来做MRI检查的，对吗？

Receptionist: Hello, welcome to the imaging center. You're here for an MRI exam today, correct?

患者 (Patient): 是的，医生建议我做一个膝盖的MRI扫描。

Patient: Yes, my doctor recommended an MRI scan for my knee.

接待员 (Receptionist): 好的。为了确保检查的效果，我们有一些着装和个人物品的要求。您穿的是金属拉链或带有金属的衣服吗？

Receptionist: Alright. To ensure the quality of the exam, we have a few clothing and personal item guidelines. Are you wearing any metal zippers or clothing with metal pieces?

患者 (Patient): 我穿了一条带拉链的裤子，还有一个金属扣的腰带。

Patient: I'm wearing pants with a zipper and a belt with a metal buckle.

接待员 (Receptionist): 为了避免干扰MRI的成像效果，您可能需要换穿我们的检查服。另外，您身上有其他金属物品吗，比如首饰或手表？

Receptionist: To prevent interference with the MRI imaging, you'll need to change into a gown we provide. Do you have any other metal items on you, such as jewelry or a watch?

患者 (Patient): 我戴了一条项链和手表，那我也需要取下吗？

Patient: I'm wearing a necklace and a watch; do I need to remove those too?

接待员 (Receptionist): 是的，MRI使用强磁场，所有金属物品都需要移除，以确保安全。我们有储物柜，您可以将个人物品存放在这里。

Receptionist: Yes, since the MRI uses a strong magnetic field, all metal items must be removed for safety. We have lockers where you can store your personal items.

基本文件和着装要求

DOCUMENTS AND CLOTHING GUIDELINES

患者 (Patient): 好的，我明白了。另外，穿着检查服会很冷吗？

Patient: Alright, I understand. Also, will it be cold wearing the gown?

接待员 (Receptionist): 不会的，检查室里有空调调节温度，我们也有提供毛毯，如果您觉得冷可以告诉我们。

Receptionist: No, it shouldn't be. The exam room is temperature-controlled, and we also have blankets available if you feel cold. Just let us know.

患者 (Patient): 太好了，谢谢您。我还需要注意其他事项吗？

Patient: Great, thank you. Is there anything else I should keep in mind?

接待员 (Receptionist): 是的，如果您有任何纹身或金属植入物，比如金属牙齿填充物、耳蜗植入物或心脏起搏器，请告诉我们，以确保安全。

Receptionist: Yes, if you have any tattoos or metal implants, such as metal dental fillings, cochlear implants, or a pacemaker, please let us know to ensure your safety.

患者 (Patient): 我没有植入物，但我有一个小纹身，这会有影响吗？

Patient: I don't have any implants, but I do have a small tattoo. Will that be an issue?

接待员 (Receptionist): 一般情况下，纹身不会有问题，但在MRI中有时会稍微发热。如果您感到不适，随时按下按钮通知技师。

Receptionist: Generally, tattoos are fine, but they can occasionally feel slightly warm in the MRI. If you feel uncomfortable, just press the button to alert the technician.

患者 (Patient): 明白了，谢谢您的提醒。

Patient: Got it, thank you for letting me know.

基本文件和着装要求

DOCUMENTS AND CLOTHING GUIDELINES

接待员 (Receptionist): 不客气。最后再确认一下，您今天还使用了香水或护肤品吗？在MRI检查前避免使用这些产品，可以获得更清晰的图像。

Receptionist: You're welcome. One last thing to confirm: Have you used any perfume or skin products today? Avoiding these products can help us get clearer images during the MRI.

患者 (Patient): 没有，我今天早上只洗了脸，没有涂任何东西。

Patient: No, I just washed my face this morning and didn't apply anything.

接待员 (Receptionist): 完美，您已经做好所有准备了。现在请您在更衣室换上检查服，把金属物品放在储物柜里。换好后技师会带您去检查室。

Receptionist: Perfect, you're all set. Please go to the changing room to put on the gown and place your metal items in a locker. Once you're ready, the technician will take you to the exam room.

患者 (Patient): 好的，感谢您耐心解释。我会按照指示准备好。

Patient: Alright, thank you for explaining everything. I'll get ready as instructed.

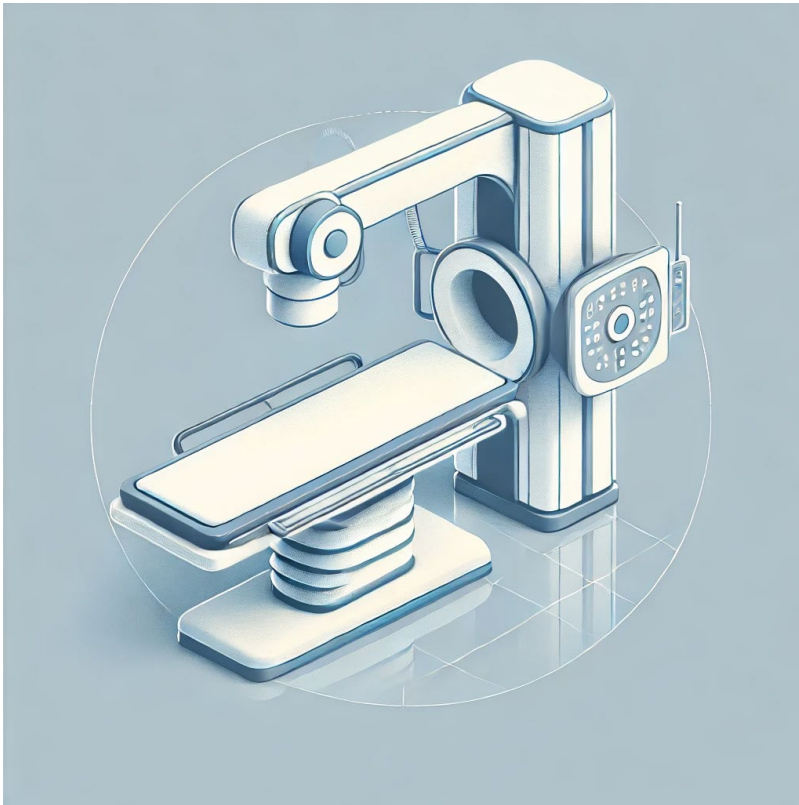
接待员 (Receptionist): 不客气！祝您检查顺利，随时告诉我们您的需要。

Receptionist: You're very welcome! Have a smooth exam, and let us know if you need anything.

各类医学影像检查的准备工作

PREPARATION FOR SPECIFIC IMAGING TESTS

1. X光检查 (X-RAYS)



饮食准备 (Dietary Preparation):

大多数常规X光检查不需要特别准备。然而，对于上消化道和小肠的X光检查，患者需在检查前一天晚上开始禁食，并仅饮用足以吞服必要药物的水。

Most conventional X-rays require no special preparation. However, for upper gastrointestinal (GI) and small bowel X-rays, patients should fast starting the night before the exam and only drink enough water to swallow necessary medications.

着装和个人物品 (Clothing and Personal Items):

建议患者不佩戴首饰或香水，并避免穿带有金属拉链、纽扣或金属丝的衣物。这些物品可能会影响X光的成像质量。在某些情况下，患者可能需要更换为影像中心提供的检查服。

Patients are advised not to wear jewelry or perfume and to avoid clothing with metal zippers, buttons, or wires, as these may affect the X-ray image quality. In some cases, patients may need to change into a gown provided by the imaging center.

各类医学影像检查的准备工作

PREPARATION FOR SPECIFIC IMAGING TESTS

2. CT 扫描 (CT SCAN)



健康信息 (Health Information):

在CT检查前，患者应向医生报告用药情况和过敏史，尤其是对造影剂的过敏。此外，有心脏病、哮喘、糖尿病、肾病或甲状腺疾病病史的患者也需提前告知，以评估潜在风险。
Before a CT scan, patients should inform their doctor of any medications and allergies, especially to contrast materials. Patients with a history of heart disease, asthma, diabetes, kidney disease, or thyroid disorders should also inform the doctor to assess potential risks.

着装和金属物品 (Clothing and Metal Objects):

金属物品会影响成像效果，所有金属物件（包括首饰、手表、眼镜）应在检查前移除。患者可能需要穿检查服，以确保图像质量。
Metal items can interfere with imaging; all metal objects, including jewelry, watches, and eyeglasses, should be removed before the exam. Patients may need to wear a gown to ensure image quality.

各类医学影像检查的准备工作

PREPARATION FOR SPECIFIC IMAGING TESTS

2. CT 扫描 (CT SCAN)



饮食准备 (Dietary Preparation):

CT检查的准备要求因检查类型而异:

- **腹部CT (使用造影剂) 和全身CT:** 预约前4小时内禁食, 不得进食或饮水, 但服药除外。
- **肾绞痛CT:** 检查前1小时内喝两杯水 (共16盎司), 保持膀胱充盈。
- **心脏CT:** 检查前12小时避免饮用含咖啡因饮料, 并禁止使用如伟哥等药物。
- **结肠CT:** 检查前两天需服用硫酸钡和泻药清洁肠道, 具体准备步骤会提前告知。

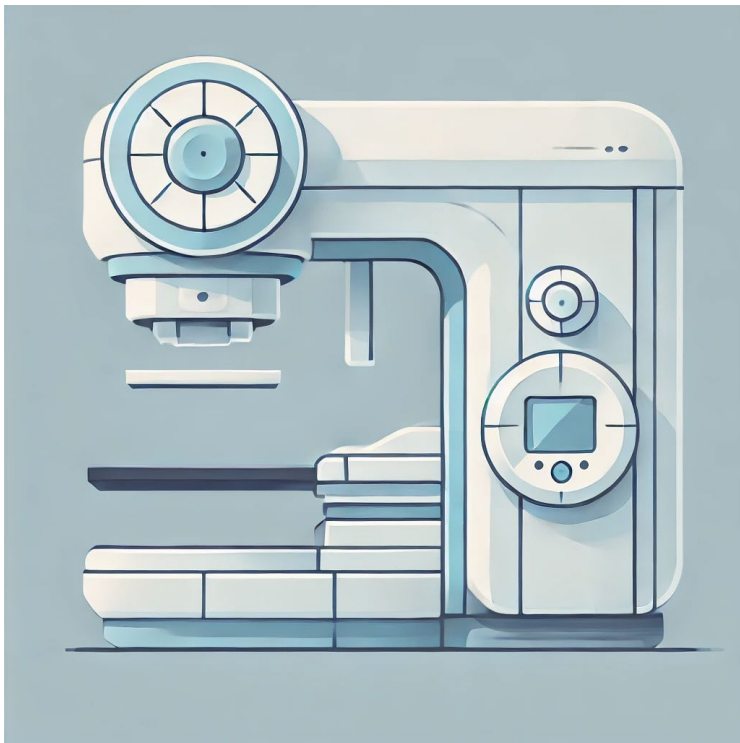
Preparation for CT exams varies depending on the type of CT scan:

- *Abdominal CT (with contrast) and Body CT: No food or drink for 4 hours prior, except necessary medications.*
- *Renal Colic CT: Drink two glasses of water (16 oz total) one hour before the exam and keep the bladder full.*
- *Cardiac CT: Avoid caffeine and erectile dysfunction medications (e.g., Viagra) for 12 hours before the test.*
- *Colon CT: Specific instructions for bowel preparation with barium and laxatives will be provided 2 days prior.*

各类医学影像检查的准备工作

PREPARATION FOR SPECIFIC IMAGING TESTS

3. 乳腺摄影 (MAMMOGRAM)



着装建议 (Clothing): 建议穿两件式衣物，因为检查时需要脱去上身衣物并换穿检查服。
It's recommended to wear a two-piece outfit, as patients will need to remove clothing above the waist and put on a gown.

个人护理产品 (Personal Care Products): 检查当天，患者应避免在腋下和乳房部位使用香水、爽身粉或乳液，以免在图像上显示出类似钙斑的干扰。

On the day of the exam, patients should avoid using perfume, talcum powder, or lotion on the underarms and breasts, as these may appear as calcifications on the image.

时间安排 (Timing): 不建议在月经前一周进行乳腺摄影，因为此时乳房通常较为敏感。建议在月经结束后一周进行检查，以减少不适。

It's not recommended to schedule a mammogram during the week before your period, as breasts tend to be more tender. The best time is one week after your period ends to minimize discomfort.

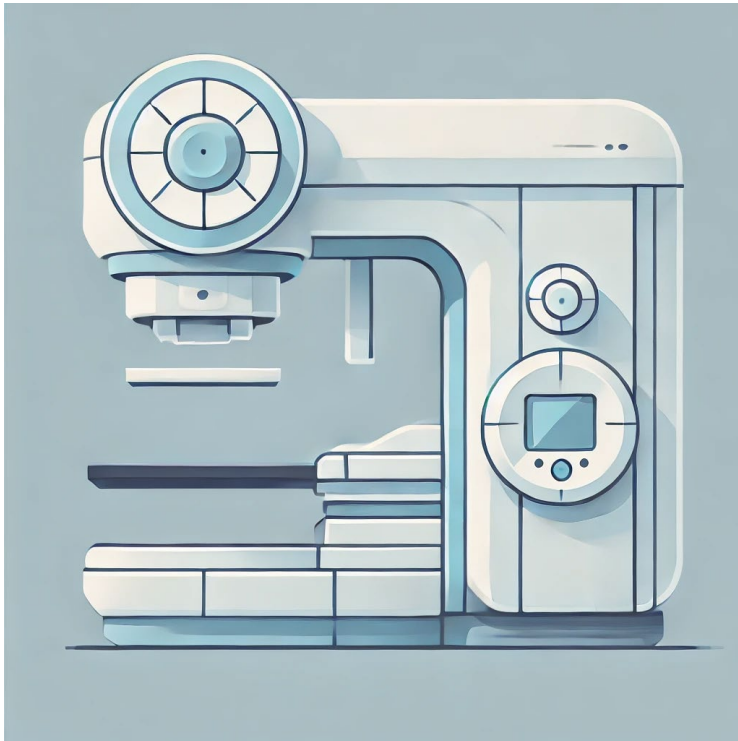
先前影像记录 (Previous Imaging Records): 如果曾在其他机构做过乳腺摄影，建议带上过去的影像资料，以便医生对比分析。

If the patient has had a mammogram at another facility, it is recommended to bring previous images for comparison.

各类医学影像检查的准备工作

PREPARATION FOR SPECIFIC IMAGING TESTS

4. 超声检查 (ULTRASOUND)



准备要求依据检查类型 (Preparation Based on Exam Type):

- **乳腺、甲状腺、颈部和肌肉骨骼超声：** 无需特别准备。
- **腹部超声：** 检查前需禁食8小时，仅可饮用透明液体，避免碳酸饮料。
- **盆腔超声和早期孕期超声（如胎龄和颈项透明度测量）：** 需饮水以确保膀胱充盈。
- **经阴道和经直肠超声：** 部分检查需要填写同意书。
- **经直肠前列腺超声：** 检查前2小时需使用药房购得的杜可拉克或盐水灌肠剂清洁直肠，并在检查前1小时饮用1升水。

Preparation varies based on ultrasound type:

- Breast, Thyroid, Neck, and Musculoskeletal Ultrasounds: No special preparation needed.
- Abdominal Ultrasound: Fast for 8 hours before the exam; only clear liquids are allowed, no carbonated drinks.
- Pelvic and Early Pregnancy Ultrasound (e.g., dating, nuchal translucency): Drink water to fill the bladder.
- Transvaginal and Transrectal Ultrasounds: Some exams may require a consent form.
- Transrectal Prostate Ultrasound: Use a Dulcolax suppository or Fleet enema 2 hours prior and drink 1 liter of water 1 hour before the exam.

各类医学影像检查的准备工作

PREPARATION FOR SPECIFIC IMAGING TESTS

5. 磁共振成像 (MRI)



饮食准备 (Dietary Preparation): MRI检查通常无需准备, 除非是腹部或盆腔MRI检查:

- **腹部和盆腔MRI:** 检查前6小时内禁食, 包括水。
- **小肠MRI (肠道成像):** 检查前一天晚上5点后仅饮用透明液体, 检查当天禁食。

Most MRI exams require no preparation, except for abdominal and pelvic MRIs:

- *Abdominal and Pelvic MRI: Fast for 6 hours before the exam, including no water.*
- *Small Bowel MRI (Enterogram): Only clear fluids after 5 pm the night before, and continue fasting on the exam day.*

健康状况及禁忌症 (Health Conditions and Contraindications): MRI使用强磁场, 因此不适用于携带起搏器、体内金属物件或某些内耳植入物的患者, 患者应提前告知医生。

MRI uses strong magnetic fields, so it's unsuitable for patients with pacemakers, metal implants, or certain cochlear implants. Patients should inform the doctor beforehand.

着装和金属物品 (Clothing and Metal Objects): 所有金属物品, 包括首饰、手表、钥匙等都需要移除。患者需更换为影像中心提供的检查服, 以避免干扰。

All metal items, including jewelry, watches, and keys, must be removed. Patients will need to change into a gown provided by the imaging center to avoid interference.

各类医学影像检查的准备工作

PREPARATION FOR SPECIFIC IMAGING TESTS

Patient: I would like to book an appointment

Receptionist: Ok, which exam did your doctor check on your requisition sheet?

Patient : (MSK/breast/thyroid/neck)

Receptionist : So our next available appointment time is next Monday at 9:00 are you available at that time?

Patient : No

Receptionist : So our next available appointment time is next Wednesday at 12:30pm, are you available at that time?

Patient : no

Receptionist : Then how about this time next Friday?

Patient : yes

Receptionist : Ok, what is your first and last name, health card number, and phone number?

Patient : My name is Linda, my OHIP number is 123456789, and my phone number is 1234567890

Receptionist : Ok, to confirm, your appointment will be on next Wednesday at time 12:30pm. When you arrive, remember to bring your requisition sheet"

Patient: Hi I am Helen, I have an appointment at 12:30pm

Receptionist: Ok, can I take your health card and requisition please?

The patient gives their health card and requisition to the receptionist

Receptionist: Ok, please have a seat while I check you in. The patient sits on the waiting chair while the receptionist checks the patient in.

The receptionist gives the patient their health card back after they are checked in

Receptionist: Here is your health card back. Please wait here, the ultrasound technologist will call you in when they are ready.

各类医学影像检查的准备工作

PREPARATION FOR SPECIFIC IMAGING TESTS

Patient: I would like to book an appointment

Receptionist: Ok, which exam did your doctor check on your requisition sheet?

Patient : Abdomen

Receptionist: For this exam, you need to fast for 12 hours, so you cannot eat anything for 12 hours. We recommend doing the exam in the morning, so on the day of the exam, don't eat breakfast. Is that ok?

Patient : OK

Receptionist : So our next available appointment time is Thursday at 13:30, are you available at that time?

Patient : yes / no

Receptionist : Ok, what is your first and last name, health card number, and phone number?

Patient : (name, HC#, phone number)

Receptionist : Ok, to confirm, your appointment will be on Thursday at 13:30. When you arrive, remember to bring your requisition sheet.

Patient: Hi I am Linda and I have an appointment at 13:30

Receptionist: Ok, can I take your health card and requisition please?

The patient gives their health card and requisition to the receptionist

Receptionist: Thank you, so for this exam, you need to fast for 12 hours. Just to double check, you have not eaten since last night right?

Patient : Actually I forgot and I ate breakfast already

Receptionist: Ok, we will try to do the exam today but the technologist might not be able to see that well. If that is the case we will need to rebook the appointment ok? Please have a seat while I check you in.

The patient sits on the waiting chair while the receptionist checks the patient in. The receptionist gives the patient their health card back after they are checked in

Receptionist: Ok, here is your health card back. Please wait here, the ultrasound technologist will call you in when they are ready.

今天的作业 (TODAY'S HOMEWORK)

2. 练习今天给出的场景对话 (Practice today's mock conversation)

练习时, 可以修改内容, 置换内容, 拓展, 或者采用全新的内容

During practice, you can modify, replace, expand, or use entirely new content.

THANK YOU



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