



## Ultrasound Preparation

### Appointment Information:

Appointment Date: \_\_\_\_\_ Appointment Time: \_\_\_\_\_

### Important Information

You have been scheduled for an ultrasound, which is an imaging test used to see inside the body. Ultrasound uses high-frequency sound waves to create images. These sound waves are sent through your body and the “echoes” are converted by a computer into images. Depending on the type of ultrasound you are having, you may be asked to not eat or to have a full bladder so that these “echoes” may be enhanced.

If you are having an exam that includes your legs, wear shorts; if you wear pants you may be asked to remove them. If you are having an exam that includes your arms, wear short sleeves; if you wear long sleeves, you may be asked to remove your shirt.

Our imaging department wants to make your experience as pleasant as possible.

- Please be sure to arrive 15 minutes before your appointment time.
- Allow approximately 1-hour for the actual exam

Ultrasound exams usually begin on time, however, it is possible to have an emergency which could delay your exam. Please be patient as we strive to provide the best care possible.

### Preparation for Abdominal Ultrasound and/or Abdominal Aortic Doppler

*(Liver, Spleen, Gallbladder, Kidney, Pancreas, Abdominal Aorta, Biliary System)*

- Do not eat or drink anything eight (8) hours before exam
- Eat a fat-free diet the night before exam
- Take medications with a small sip of water as early as possible
- If you are diabetic, please take your insulin

### Renal and/or Bladder Ultrasound

- For both male and female patients, One (1) hour before your exam, drink 24-32 ounces of water
- Arrive with a full bladder; do not empty your bladder (urinate) before the exam

### Pelvic Ultrasound

*(Uterus, Ovaries, Fallopian Tubes, Urinary Bladder)*

- Eat normally
- One (1) hour before your exam, drink 24-32 ounces of water
- Arrive with a full bladder; do not empty your bladder (urinate) before the exam

### Abdomen & Pelvic Ultrasound on the same day

- Do not eat or drink anything **EXCEPT WATER** eight (8) hours before exam
- One (1) hour before your exam, drink 24-32 ounces of water
- Take medications with a small sip of water as early as possible
- If you are diabetic, please take your insulin
- Arrive with a full bladder; do not empty your bladder (urinate) before the exam