**Ultrasound Preparation**

## Preparation is important, please call to discuss if you have any questions or concerns regarding the following. We are flexible and understand that in some circumstances the preparation may not be possible.

* **Abdominal ultrasound**

Fasting (nothing to eat or drink) for 8–12 hours before the exam. This helps prevent gas buildup that could affect the results. For morning appointments, you shouldn't eat or drink anything after 8 PM the night before. For afternoon appointments, you can have a light breakfast and plenty of fluids before 9 AM.

* **Bladder ultrasound/Renal**

Empty the Bladder 1 hour before the exam. Consume 1 Liter of WATER before one hour before the exam. The examination requires a full bladder to help visualize the bladder wall, surrounding organs (prostate, bowel, ovaries and uterus), measure the bladder volume and be able to assess the residual volume. Maintaining a full bladder may cause some temporary discomfort.

## A full bladder is all that is necessary if you are bursting or on the verge of incontinence, this is not helpful to you or us. You can partially relieve yourself.

* **Liver fibrosis ultrasound**

Requires fasting for 8 hours prior to the procedure.

* **Pregnancy Ultrasound (filling the bladder is important!)**

Dating **Full Bladder**

Nuchal translucency **Full Bladder**

Morphology (20 week exam) **Full Bladder**

Third Trimester (growth exam) **No full bladder required.**

## A full bladder is all that is necessary if you are bursting or on the verge of incontinence, this is not helpful to you or us. You can partially relieve yourself.

* **All other Ultrasound Exams**

Generally, require no preparation. This includes Ultrasound guided injections, musculoskeletal, vascular and small pats exams.