

How to Prepare for Ultrasound Examinations

[] Upper abdominal ultrasound scan

Do not eat or drink for four (4) and two (2) hours before the scan, respectively.

Avoid coffee, smoking and chewing gum starting from the night before the scan. You may take your medication with a small amount of water.

The purpose of this is to ensure that the gastrointestinal tract will have as little as possible of intestinal gas and contents since these will interfere with the examination.

[] Abdominal ultrasound scan

Eating is not allowed for four (4) hours before the scan. Drink 2–3 glasses of water two (2) hours before the study to ensure your bladder is full when you arrive for the examination. Do not urinate for two (2) hours before the examination.

Avoid smoking and chewing gum starting from the night before the scan. You may take your medication with a small amount of water.

The purpose of this is to ensure that the gastrointestinal tract will have as little as possible of intestinal gas and contents since these will interfere with the examination.

[] Urinary tract, kidney, prostate and/or lower abdomen ultrasound scan

You may eat as usual. Drink 2–3 glasses of water two (2) hours before the study to ensure your bladder will be full when you arrive for the examination. Do not urinate for two (2) hours before the examination.

[] Other ultrasound scans (shoulder joint, soft tissue, breasts, testicles, etc.)

No preparations. If you are having an ultrasound scan of a joint and you have previous imaging studies of that joint, please bring them and the accompanying report with you. A mammography screening may include a breast ultrasound.

A doctor (radiologist) will perform the examination. The contact between the probe and the skin is very important. Therefore the radiologist will apply ultrasound gel on your skin. Ultrasound scans are quick and painless. After the scan you may eat and drink as usual. Once the examination has been completed, you may leave the examination room without any additional delay.

Examination date _____ at _____

If you have any questions, please call us at _____

We will be happy to respond to any questions you may have.