



## ULTRASOUND PREP INSTRUCTIONS

### How Do You Prepare for Your Appointment?

Patient preparations are designed to facilitate the capture of the best images possible for the physician interpreting the images. The exams below require preparation. *If patients are not prepped, exams may need to be rescheduled.*

Type of Exam	Prep Needed
Abdomen Complete/Limited	No eating, drinking, chewing, or smoking after midnight the night before the exam OR a minimum of <b>8 HOURS</b> prior to exam. If medically necessary, medications may be taken with a small sip of water.
Aorta, Gallbladder, Liver, Spleen	No eating, drinking, chewing, or smoking after midnight the night before the exam OR a minimum of <b>6 HOURS</b> prior to exam. If medically necessary, medications may be taken with a small sip of water.
Renal (kidneys)	Beginning <b>2 hours</b> prior to scheduled exam time the patient should start drinking <b>32 ounces of water (ONLY water)</b> and they should finish drinking 1 hour prior to exam time. <b>DO NOT VOID</b> from the time they begin drinking.  <b>Example:</b> If appointment time is 11am, patient should do the following: 9am – Start drinking water 10am – Finish drinking water 9am-11am – Hold bladder until Technologist lets you empty
Breast	Bring mammogram report or ensure location of mass is on form. If you have any prior breast ultrasounds, bring disc of images.

### About the Visit – What You Can Expect

When you arrive, we will ensure the sonographer has the correct intake forms for you before beginning. You will then be taken to the ultrasound room and given a gown to change into. You will need to remove any clothing and jewelry in the area being examined.

Next, the sonographer will create a comfortable, respectful environment where she guides you through the ultrasound process and will apply gel to the area being examined. This is all completed while laying on a comfortable exam table. The length of your appointment is determined by the type of ultrasound exam and ranges from 30-60 minutes.

Once the scanning is complete, you will be able to get dressed and complete your checkout process. The sonographer will provide you with a disc of your images before you leave, in case your doctor or an imaging center needs to review them in future exams. Your health history and ultrasound images are then sent to our off-site radiology team.

Ultrasound reports are typically available from the radiologist within about two weeks from your appointment date. The report is uploaded to your Client Portal and you receive an email notification. As we do not provide Report Reviews for ultrasound screenings, we encourage you to share the results with your healthcare provider for further guidance and direction.