

How to prepare for your ultrasound



Having an ultrasound is a quick and noninvasive procedure. Patients may take necessary medications, brush teeth, eat one or two mints, but may not chew gum. Anticipate ½ hour for your exam. Your doctor will receive a written report within approximately 24-48 hours.

UPPER ABDOMINAL/GALLBLADDER/RUQ/AORTA ULTRASOUND: Do not eat or drink past midnight the evening before the exam. This reduces the amount of air in the GI tract and allows for the gallbladder to be completely rested and adequately distended.

KIDNEY/BLADDER ULTRASOUND: Do not eat 2 hours prior to exam. However, a full bladder exam is also required and examined at the same time. DRINK AND FINISH two (8 oz) glasses of water prior to exam and do NOT empty bladder. Water is preferred over any other liquid. NO carbonated beverages.

OBSTETRICAL ULTRASOUND:

- Less than eight weeks: No fluid preparation necessary. (Endovaginal Exam)
- 8-13 weeks: DRINK AND FINISH 3 8oz glasses of water one hour prior to appointment and hold bladder – DO NOT EMPTY
- 14 weeks to full-term: No water preparation necessary. DO NOT EMPTY bladder 30 minutes prior to exam time.

GYNECOLOGICAL (GYN)/PELVIC ULTRASOUND: DRINK AND FINISH 3 (8oz) glasses of water one hour prior to exam time and do not empty bladder before the exam.

Endovaginal ultrasound exams are performed for “close up” views of specific structures or abnormalities.

The majority of GYN exams require both approaches—transabdominal and endovaginal—for a complete exam. Patients should be prepared to have both.