

## Ultrasound Preparation Instructions

An Ultrasound exam consists of applying a clear, easily washable lubricant over your skin and applying an ultrasound transducer to the area to be examined. Sound waves are passed through and an image of the organ to be examined is obtained. There are easy and painless exams and will usually be completed in 15 minutes. A report of the exam is then given to the doctor by the technologist.

### **Abdominal Ultrasound**

Nothing to eat or drink 8 hours prior to the exam

### **Kidney Ultrasound**

Light meal ok to eat. Drink 24oz. of water and be finished drinking one hour prior to the exam. Do not urinate until after the exam. Pre and post void bladder pictures will be taken.

### **Pelvic Ultrasound**

Drink 24 oz. of water and be finished drinking one hour prior to exam. Do not urinate until after the exam.

### **Testicular Ultrasound**

Avoid using powder in this area after showering on the day of the exam.

### **Penile Doppler Ultrasound**

Avoid using powder in this area after showering on the day of the exam.

### **Bladder Ultrasound**

Drink 24- 32 oz. of water and be finished drinking one hour prior to exam. Do not urinate until after the exam. Pre and post void bladder pictures will be taken.