

# Transmed Inc.

*The Ultrasound Professionals*

## ULTRASOUND EXAM PATIENT PREP INFORMATION

**Your exam is scheduled for DATE:** \_\_\_\_\_ **Time:** \_\_\_\_\_

Ultrasound is a wonderful diagnostic tool that uses sound waves to create images from inside the body. For best results, **prior to your exam**, follow the instructions, marked below by your Dr.'s office.

**Abdomen or Gallbladder:** Please **do not eat or drink for 8 hours** before your exam. You may take a small amount of water with necessary medications.

**Kidneys & Bladder:** Please drink plenty of water or clear liquids the day before your exam if scheduling allows. The day of the exam, drink 24 ounces (about three cups) of water. Complete drinking water about 30 minutes prior to the scheduled exam. Do not urinate until after the test.

**Pelvic:** 2 Hours before your exam, empty your bladder. **Then start drinking 32oz (one quart) of water**, no more, no less. Finish at least 45 minutes before your exam. Do not urinate again before your exam. Eat as usual, this helps your bladder to fill.

**Transvaginal:** This exam is usually done as part of the Pelvic exam. After the pelvic part of the exam, the technologist will ask you to completely empty your bladder for this part of the exam.

**Follicular:** For the first study follow the Pelvic instructions, for all subsequent studies there is no prep. Your bladder needs to be completely empty.

**OB Less Than 14 Weeks:** 2 Hours before your exam, empty your bladder. **Then start drinking 32oz (one quart) of water**, no more, no less. Finish at least 45 minutes before your exam. Do not urinate again before your exam. Please be sure to eat a healthy meal before your exam. Avoid caffeine.

**OB Greater Than 14 Weeks:** A full bladder is not necessary for this exam. Please be sure to eat a healthy meal before your exam. Avoid caffeine.

**Biophysical Profile:** Same as **OB Greater Than 14 Weeks**.

**Thyroid, Carotid, Scrotum, Venous or Arterial:** No prep is needed for these exams.

***If you have any questions please call us at (605)274-2525.***  
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