

## PREPARATIONS

### 1. **Abdominal Ultrasound in A.M.**

Fat free supper (no fatty meats, no butter, no cream, no oil, no eggs, and no chocolate)

### 2. **Abdominal Ultrasound in P.M.**

Fat free breakfast (no milk, no butter, no cream, no eggs) 6 hours before your appointment.

Two hours before the test, you may have one cup of liquid with no cream or milk. Medication may be taken with a sip of water.

### 3. **Pregnancy and Pelvic (Male & Female Studies)**

Finish drinking 1 litre of water or juice one hour before your appointment time.

**DO NOT EMPTY YOUR BLADDER**

### 4. **Abdomen and Pelvic Combined Ultrasound in A.M.**

Fat free supper (no fatty meats, no butter, no cream, no oil, no eggs, and no chocolate).

Finish drinking 1 litre of water one hour before your appointment time.

Medication may be taken with a sip of water.

**DO NOT EMPTY YOUR BLADDER**

### 5. **Abdomen and Pelvic Combined Ultrasound in P.M.**

Fat free breakfast (no milk, no butter, no cream, no eggs)

Finish drinking 1 litre of water one hour before your appointment time.

Medication may be taken with a sip of water.

**DO NOT EMPTY YOUR BLADDER**

### 6. **Prostate Ultrasound**

Two hours prior to exam, insert one Dulcolax suppository (available as over counter medicine at drugstore). One hour prior to exam, drink 1 litre of juice or water.

**DO NOT EMPTY YOUR BLADDER**

### 7. **Musculoskeletal Ultrasound/Echocardiogram**

No preparation necessary.

### 8. **Biopsy**

Discontinue blood thinners (e.g., Coumadin, Ibuprofen, Aspirin, or anti-inflammatories) six days prior to study, after consulting your physician.

### 9. **Sonohysterogram**

Take 2-3 tablets of Advil (400-600 mg total) one hour prior to appointment time.

Please bring a sanitary napkin with you.