

# ULTRASOUND

Your Appointment is on \_\_\_\_\_ at \_\_\_\_\_ AM/PM  
Day Date

Location for the test \_\_\_\_\_ Questions? Call 402-873-8912

## What is an Ultrasound?

An ultrasound, also called a sonogram, uses sound waves to create images of tissue, organs and blood vessels. Ultrasound can assess internal organs and image the blood flow through the vessels. Types of ultrasound include: abdomen, breast, pelvic, scrotum, thyroid and vascular system.

## Your instructions

- You may be required to fast for a certain amount of time. Please check with your doctor's office.
- You may need to drink 4 - 5 glasses (32 oz.) of water or beverage of your choice and must finish drinking 45 - 60 minutes prior to your appointment (to fill your bladder.) This is required for pelvic and first trimester obstetrical exams.
- Phones must be turned off
- No recording devices allowed

## What you can expect

A gel-like substance will be spread on the area of the body to be imaged. The transducer, the part of the machine that transmits the sound waves, will be moved over the area. The computer then creates a picture of this on the monitor.

OTHER NOTES/INSTRUCTIONS \_\_\_\_\_  
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*See reverse side for specific test instructions*

Your specific test is checked below. Please follow specific instructions for the test.

\_\_\_\_ **Ultrasound of Abdomen or Aorta: Test length: 45 minutes**

- Nothing to eat or drink 6 - 8 hours before appointment
- You may take medications with a sip of water
- You may brush your teeth

\_\_\_\_ **Ultrasound of Breast: Test length: 30 minutes**

- No diet restrictions

\_\_\_\_ **Ultrasound of Pelvis or first trimester OB: Test length: 45 minutes**

- If under 19 (minor), parent/guardian must accompany to sign consents
- Drink 4 - 5 glasses of water or beverage of your choice and be finished one hour prior to exam
- First part of the exam is done with a full bladder
- A transvaginal exam may be performed after you empty your bladder
- Phones must be turned off
- No recording devices allowed

\_\_\_\_ **Second or third trimester OB**

- No diet restrictions
- Phones must be turned off
- You will receive pictures
- This is a diagnostic exam first, to assess your baby's development. Finding out the gender is secondary, not priority
- Do not have to have a full bladder
- No recording devices allowed
- This is a full anatomy scan

\_\_\_\_ **Ultrasound Renal: Test length: 45 minutes**

- Please arrive hydrated, drink 12 - 24 ounces of water or beverage of your choice prior to Ultrasound
- Take medications as scheduled

\_\_\_\_ **Ultrasound Testicular: Test length: 30 minutes**

- No diet restrictions

\_\_\_\_ **Ultrasound Thyroid: Test length: 30 minutes**

- No diet restrictions

\_\_\_\_ **Biopsies: Test length: 45 minutes**

- No diet restrictions
- No blood thinners, including aspirin or baby aspirin 4 days prior to biopsy

\_\_\_\_ **Ultrasound of heart or vessels: Echocardiogram, Carotoid Doppler, Deep Vein Doppler:  
Test length: 30 minutes**

- No diet restrictions