

Pelvic Ultrasound

(To prepare for the test)

First:

Empty your bladder 1 (one) hour prior to the test.

Next:

Drink 24 ounces of liquid (equal to 3-8oz glasses)

NO DAIRY Products

Final:

DO-NOT empty your bladder until the test is complete.

** Note: Because the pelvic organs are located behind the bowel and bladder, a full bladder is necessary to push the bowel out of the way of the ultrasound waves.

Appointment Day and Time _____