
X-RAY • ULTRASOUND • BONE DENSITY



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ULTRASOUND PREPARATION INSTRUCTIONS

Abdomen Ultrasound

- ✓ Eat a fat-free dinner the night before (no dairy or fried foods).
- ✓ Nothing to eat or drink after midnight the night before your appointment.

Pelvic Ultrasound

- ✓ Drink 1 L (1000mL) of water, finishing it 1 hour before your appointment time.
- ✓ Do not void – you will need a full bladder for your appointment.

Abdomen and Pelvic Ultrasound

- ✓ Eat a fat-free dinner the night before (no dairy or fried foods).
- ✓ Nothing to eat after midnight the night before.
- ✓ Drink 1 L (1000mL) of water, finishing it 1 hour before your appointment time.
- ✓ Do not void – you will need a full bladder for your appointment.

Prostate (Trans-Rectal) Ultrasound

- ✓ No preparation needed

Obstetrical Ultrasound

- ✓ Less than 12 weeks:
Drink 1 L (1000mL) of water, finishing it 1 hour before your appointment time.
Do not void – you will need a full bladder for your appointment.
- ✓ 12-18 weeks:
 - Drink 500mL of water, finishing it 1 hour before your appointment time.
 - Do not void – you will need a full bladder for your appointment.
- ✓ 20+ weeks:
 - Drink 500mL of water, finishing it 1 hour before your appointment time.
 - Do not void – you will need a full bladder for your appointment.