

## Abdominal Ultrasound Preparation Instructions

### What to expect:

On your pet's scheduled day, your pet will check in with a veterinary staff member. The procedure plan and estimated charges will be discussed with you at this time. We ask that you sign a consent form for the ultrasound procedure.

After checking in, your pet will receive a pre-procedure evaluation to determine if sedation or anti-anxiety medications may be necessary, and to make sure your pet is healthy enough for sedation if warranted. If tissue aspirates (small needle biopsies) have been recommended and approved, sedation is usually performed for your pet's comfort and safety.

Immediately prior to the ultrasound, your pet's abdomen and part of the ribs will be shaved. A small amount of alcohol and ultrasound gel will be applied to the skin to allow for clear imaging. Some pets can be imaged while awake but many pets require a very light sedative for clear and thorough imaging. This reduces movement, increases accuracy, and allows for thorough evaluation of the deeper structures in the abdomen. Rest easy, as your pet is constantly and carefully monitored by our trained staff.

### How to Prepare:

**Fast:** Do not feed your pet for at least 12 hours prior to the appointment (this includes treats at the doctor's office)! Air and food in the stomach can block ultrasound waves and mimic foreign objects. This is most important if we are looking for foreign material in the stomach or intestines. Essential medications such as cardiac medications, insulin, and oral medications to reduce anxiety at the vet clinic are okay to give at least 3 hours before the appointment.

**Give pre-medications if instructed by your veterinarian:** It is hard to explain to our pets why we want them to lie still on their back while someone rubs a strange device over their abdomen. Many pets experience mild to moderate anxiety or fear when positioned for an abdominal ultrasound. Pre-medications are a combination of an anti-anxiety medication and a very mild sedative that help provide the most comfortable experience for our patients. These heart safe medications are typically given the night before and the morning of the procedure. In addition to helping your pet have a positive experience, they also decrease or may eliminate the need for injectable sedation.

**Skip the last potty break:** A full bladder is important to allow for accurate imaging of the bladder wall and surrounding lymph nodes. While a morning potty break is fine, don't let your pet go to the bathroom 2 hours prior to your scheduled drop off if possible. Keep cats away from the litter box.

**Relax:** Although away from mom and dad, your pets are under the absolute best loving care of our compassionate staff. We make sure they are safe, comfortable, and warm during the examination and recovery.

### Optional Tissue Sampling:

**Fine Needle Aspirate (FNA)** is a method of acquiring a small tissue sample for microscopic analysis. Ultrasound guidance is a great way to collect these samples easily and accurately. You will decide with your veterinarian if you would like this procedure done at the same time as the imaging study. Side effects are very rare but can include bleeding or infection.