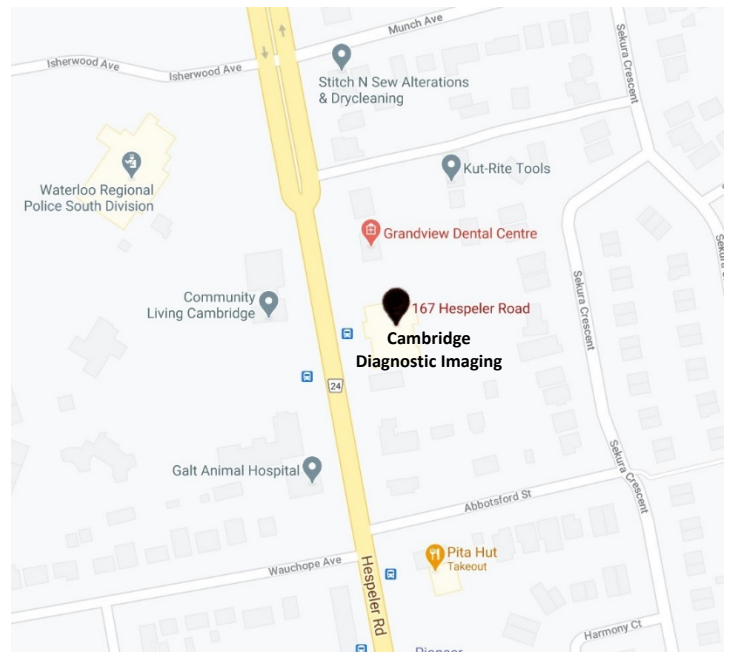


## Cambridge Diagnostic Imaging

167 Hespeler Road  
Cambridge, ON N1R 3H7  
T: (519) 622 - 0234  
F: (519) 622 - 5234

### Office Hours:

MON – FRI 9:00 AM - 7:00 PM  
SAT – SUN Closed



## ULTRASOUND PREPARATIONS

### ABDOMEN ULTRASOUND

- Eat a fat free dinner the night before your appointment
- No dairy products or fried food
- No carbonated drinks 12 hours before your appointment
- Do not eat or drink anything after midnight the night before
- Do not eat breakfast

### PELVIS ULTRASOUND (ALL TYPES)

- Drink 4-5 glasses (or 2 small bottles) of clear fluid (water, juice, black coffee, or black tea) 1 hour before your appointment time
- Do not void – A full bladder is necessary for the examination
- No fasting is necessary

### PROSTATE-TRANSRECTAL ULTRASOUND

- Purchase a **fleet enema** from a pharmacy and follow the instructions in the package
- Administer the fleet enema 2 hours before your appointment time
- Drink 4-5 glasses (or 2 small bottles) of clear fluid (water, juice, black coffee, or black tea) 1 hour before your appointment time
- Do not void – A full bladder is necessary for the examination

### OBSTETRICAL ULTRASOUND

- For less than 12 weeks: Drink 4-5 glasses (or 2 small bottles) of clear fluid (water, juice, black coffee, or black tea) 1 hour before your appointment time. You must eat breakfast / lunch
- For 12 – 18 weeks: Drink 2 glasses (or 1 small bottle) of clear fluid (water, juice, black coffee or black tea) 1 hour before your appointment time. You must eat breakfast / lunch
- For over 18 weeks: No preparation is required. You must eat breakfast / lunch

### ABDOMEN AND PELVIS ULTRASOUND TOGETHER

- Eat a fat free dinner the night before your appointment
- No dairy products or fried foods
- Do not eat or drink anything after midnight the night before
- Drink 4-5 glasses (or 2 small bottles) of clear fluid (water, juice, black coffee or black tea) 1 hour before your appointment time
- Do not void – A full bladder is necessary for the examination

### NO PREPARATION IS REQUIRED FOR THE FOLLOWING

- Scrotal/Testicular ultrasound
- Thyroid ultrasound
- Musculoskeletal ultrasound