



## ULTRASOUND INSTRUCTIONS

Telephone ☎: 613-584-3333 ext. 7600

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Please arrive 15 minutes prior to your scheduled appointment time. Failure to do so may result in your appointment being re-scheduled.

Please call prior to your appointment to notify the Sonographer of any special considerations (e.g. Diabetes, catheter, additional required support, etc.)

- **ABDOMEN ULTRASOUND**

Eat a light supper the night before the examination. Nothing to eat or drink after midnight. If the exam is booked for the afternoon, a fat free breakfast is allowed, but nothing to eat or drink 8 hours prior to the exam.

- **PELVIS/OBSTETRICAL ULTRASOUND**

A full bladder is required. Empty your bladder, then drink four (4) eight (8) ounce glasses (1 litre total) of water and finish 1 ½ hours prior to the examination. DO NOT empty your bladder once you have started to drink the liter of water.

- **ABDOMEN AND PELVIS ULTRASOUND**

Do not eat for 8 hours prior to the examination. A full bladder is required. Empty your bladder, then drink four (4) eight (8) ounce glasses (1 litre total) of water and finish 1 ½ hours prior to the examination. DO NOT empty your bladder once you have started to drink the liter of water.

- **BIOPHYSICAL PROFILE**

Eat something sweet 90 minutes prior to your examination. A chocolate bar or cookies are some examples.

- **OTHER EXAMINATIONS**

No preparation is required for your examination.

### PLEASE NOTE:

- Failure to follow these instructions may require rebooking of your appointment.
- Routine Obstetrical (approx. 20 weeks, 2<sup>nd</sup> trimester) examinations are approximately 60 minutes in duration and due to COVID-19 no guests will be allowed in the ultrasound room.
- Ultrasound examination for pregnancy in the 1<sup>st</sup> trimester (prior to 14 weeks), including DATING **will not** permit accompaniment or viewing with the exception of minor age patients.
- There are no facilities to look after small children. **Please arrange for childcare as during the exam you will not be able to care for children and it will result in your ultrasound being rescheduled.**
- Under **NO** circumstances will the Sonographer offer results or opinions directly to the patient or guardian.

If you are unable to keep your appointment, please call the department as soon as possible. If you do not show up to your scheduled appointment without calling 24 hours prior, you will be billed a no show fee of \$25.00.