

## **Ultrasound Preparation**

### **Ultrasound Preparation:**

- Ultrasound exams of the abdomen require that you do not have anything to eat or drink 4 to 6 hours prior to the exam.
- Pelvic ultrasounds require you to drink four 8-ounce glasses of water one hour prior to the exam and not void (urinate) until after the exam.
- Ultrasound exams of the arms, legs and neck require no special preparation.
- Prostate ultrasounds require cleansing enemas and transrectal examination.

### **Ultrasound Exam Day:**

- Please arrive 15 minutes early to complete the registration process.
- The technologist will come and escort you to the dressing room, where you will change into a patient gown.
- Once inside the exam room, the technologist will explain the exam to you and answer any questions you may have.
- To begin the exam, you will be asked to lie down on the table while the technologist applies a small amount of gel to the area that is to be scanned.
- The technologist will use a transducer, moving it across the area to be examined while applying mild pressure.
- The exam may take 15 minutes to an hour.
- After the exam, the technologist will assist you off the table and you will be free to change and leave.
- The results of your exam will be forwarded to your physician, who will explain them to you.
- Please note: Some pelvic exams require transvaginal examination.  
Prostate ultrasounds require transrectal examination.