

## PATIENT PREP SHEET FOR ULTRASOUNDS

Your ultrasound is scheduled at our office on

\_\_\_\_\_

at \_\_\_\_\_ AM / PM

\*Please be on time for your appointment as a courtesy to those scheduled after you.

\*If you cannot keep your appointment, please contact our office in a timely manner.

### **Obstetric Patients:**

- 1. Drink approximately 16 ounces of clear fluids 30 minutes before your scheduled ultrasound appointment.**
- Please do not use the restroom. Please note: There is no need to be so full that you are uncomfortable. Do not overdo it by drinking too much or holding it too long.
- 3. If you plan to bring any small children with you, you must also bring along another adult to accompany them.** Keep in mind, a child under the age of five will lose interest very quickly.

### **Gynecologic Patients:**

- 1. Drink approximately 16 ounces of clear fluids 30 minutes before your scheduled ultrasound appointment.**
- Please do not use the restroom. Your bladder needs to be full for the first part of the ultrasound which only takes approximately 10 minutes. The ultrasound technologist will allow you to use the restroom as quickly as possible. Please note: There is no need to be so full that you are uncomfortable. Do not overdo it by drinking too much or holding it too long.

Please call our office if you have any questions.