

Ultrasound Examination Preparation Guide

To ensure the highest quality images and the most accurate results, please follow the preparation instructions below for your scheduled ultrasound examination.

Ultrasound Exam	Preparation Instructions
Abdominal (Complete or Limited)	Do not eat or drink for 8 hours before your exam. You may take medications with small sips of water unless instructed otherwise.
Abdominal Aorta	Do not eat or drink for 8 hours before your exam. Avoid smoking and chewing gum before the exam.
Liver, Gallbladder, Pancreas, Spleen	Fast for 8 hours prior to the examination.
Kidneys (Renal)	Drink 24–32 ounces (3–4 cups) of water 1 hour before your appointment and do not empty your bladder unless instructed. Some providers do not require a full bladder for a renal ultrasound.
Bladder	Drink 32 ounces (4 cups) of water 1 hour before your exam and do not urinate.
Pelvic (Transabdominal – Female)	Drink 32 ounces (4 cups) of water beginning 1 hour before your appointment. Finish drinking before arrival and do not empty your bladder.
Transvaginal Pelvic	Arrive with a comfortably full bladder unless instructed otherwise. You will be asked to empty your bladder before the transvaginal portion of the exam.
Pregnancy (First Trimester)	Drink 32 ounces of water 1 hour before your appointment and do not urinate.
Pregnancy (Second & Third Trimester)	Drink 16–24 ounces of water 1 hour before your appointment unless otherwise instructed.
Scrotal/Testicular	No preparation is required.
Soft Tissue (Lump/Bump)	No preparation is required.
Thyroid/Neck	No preparation is required. Avoid wearing necklaces or turtlenecks if possible.
Breast Ultrasound	No preparation is required. Avoid lotions or powders on the chest or underarm area on the day of the exam.
Carotid Doppler	No preparation is required. Wear an open-neck or loose-fitting shirt.
Venous Doppler (DVT) – Arms or Legs	No preparation is required. Wear loose, comfortable clothing.

Ultrasound Exam	Preparation Instructions
Arterial Doppler – Arms or Legs	No preparation is required. Wear loose-fitting clothing.
Venous Insufficiency/ Reflux Study	No preparation is required. Avoid compression stockings on the day of the exam unless instructed otherwise.
Dialysis Access (AV Fistula/Graft)	No preparation is required. Wear clothing that allows easy access to the arm.
Upper Extremity Arterial or Venous Mapping	No preparation is required.
Lower Extremity Vein Mapping	No preparation is required.
Musculoskeletal Ultrasound	No preparation is required. Wear clothing that allows easy access to the affected area.

General Instructions

- Please arrive **15–20 minutes** before your scheduled appointment.
- Bring a current photo ID, insurance card, and physician's order if required.
- Continue taking your regular medications unless your healthcare provider instructs otherwise.
- Wear comfortable, loose-fitting clothing.
- If you are unable to keep your appointment, please notify our office at least **24 hours** in advance.
- If you have questions about your preparation instructions, please contact our office before your appointment.

Proper preparation helps ensure the highest quality images and minimizes the need to repeat your examination. Thank you for helping us provide the best possible care.