

# ULTRASOUND INSTRUCTIONS

If you have an ultrasound scheduled, please pay attention the following prep instructions.

- OB** Bring a CDR (readable) or VHS tape. **Drink 32oz of fluid 30 minutes prior to your appointment time.** Your family is welcome too!
- Pelvic** Pelvic ultrasounds are for patients that have complaints below the umbilicus (belly button). **Drink 32oz of fluid 30 minutes prior to your appointment time.**
- Abdominal** Abdominal ultrasounds are for patients that have complaints above the umbilicus (belly button). **No food or drink after midnight.**
- Abdominal/  
Pelvic** Two ultrasounds. **No food after midnight. You need to drink 32oz of water only 45 minutes prior to the appointment time.**

**Endo-vaginal** Follow pelvic ultrasound instructions.

**Breast or  
Thyroid** No prep is required.

Directions to Women's Care Specialists Ultrasound: Come up to 6<sup>th</sup> floor of the Women's Medical Plaza. Turn right off the elevator. The ultrasound waiting room will be the 2<sup>nd</sup> door on the right.