

## Ultrasound Prep Instructions

**The office is an accredited site and a registered sonographer will perform your evaluation.** Your physician has ordered an ultrasound evaluation. Various measurements and anatomy will be identified during the 30-minute time period. Please try to be prompt for your appointment. Sometimes emergencies may need to be added into the schedule.

### Pelvis

Drink 24 oz of fluids (avoid milk) 1 hour prior to appointment time. If your appointment is at 9 am, eat your breakfast and drink all fluids by 8 am. **DO NOT GO TO THE BATHROOM!** It is crucial that you have a full bladder so that we may evaluate the pelvis completely. You will be able to use the bathroom after the first 3 minutes. A vaginal ultrasound will be performed AFTER your bladder is emptied. The vaginal ultrasound will get the most detail in the pelvis.

### OB/Biophysical Profile (Twins need 1 full hour)

Drink 24 oz of fluids (avoid milk) 1 hour prior to the appointment time. If your appointment is at 9 am, eat your breakfast and drink all fluids by 8 am. **DO NOT GO TO THE BATHROOM!** It is important that your bladder is full so that we can evaluate the entire fetus and all organs. If you are 12 weeks or less, a vaginal ultrasound will be performed for more accurate dating. Vaginal ultrasound is the most accurate way to evaluate the fetus and date the pregnancy. It will not hurt you or your baby. Biophysical Profiles need to eat a meal within 30 minutes of their appointment time because we specifically record movements of the baby.

### GB and Kidney

A 10-hour fasting status is required for this exam. No food, liquids, gum, or smoking is allowed for this test. All daily prescriptive medication can be taken with a small amount of water.

### Nuchal Translucency (NT Testing 11-13 wks) schedule at 12 weeks

Drink 12 oz of liquid (avoid milk) 1 hour prior to appointment time. An ultrasound measurement of the back of the fetal neck is taken. You will see the nurse following the ultrasound for a simple finger stick for a blood sample to complete the test.

Appointment Date \_\_\_\_\_ Time \_\_\_\_\_