

## **PATIENT PREPARATION INSTRUCTIONS FOR ULTRASOUND OF ABDOMEN AND PELVIS**

### **LOCATION:**

40663 Murrieta Hot Springs Road #C-1  
Murrieta, CA 92563

Patient Name: \_\_\_\_\_

Appointment Date: \_\_\_\_\_

### **Please follow these instructions:**

#### **If your appointment is scheduled in the morning:**

- Take all prescribed medication with a small amount of water
  - Please refrain from smoking and chewing gum
  - Do not eat or drink fluids after midnight. This includes coffee and water
  - THEN: 1 and ½ hour before your exam empty your bladder and then **drink 32 ounces of water** (four 8 ounce glasses of water)
  - Drink all 32 ounces **within the first 30 minutes** after emptying your bladder
  - Do not use the restroom before exam
- Exception: Your bladder must be full. When it is correctly filled you will feel the need to urinate. If your bladder becomes painful, it is too full and you may partially release some of the bladder contents. Urinate up to a count of 8 seconds and stop. Repeat this as necessary until called for your exam.

#### **If your appointment is scheduled in the afternoon:**

- **Take all prescribed medication with a small amount of water**
- **Please refrain from smoking and chewing gum**
- **Do not eat or drink fluids, including coffee and water, after 7:00am**
- THEN: 1 and ½ hours before your exam empty your bladder and then **drink 32 ounces of water** (four 8 ounces glasses of water)
- **Do not use the restroom before the exam**
- Exception: Your bladder must be full. When it is correctly filled you will feel the need to urinate. If your bladder becomes painful, it is too full and you may partially release some of the bladder contents. Urinate up to a count of 8 seconds and stop. Repeat this as necessary until called for your exam.

**\*CHILDREN ARE NOT PERMITTED IN THE EXAM ROOM**

**\* DIABETIC PATIENTS SHOULD NOT FOLLOW THESE INSTRUCTIONS IF THEY CONFLICT WITH THEIR DOCTOR'S ORDERS. PLEASE CONSULT WITH YOUR DOCTOR.**