



Ultrasound Patient Preparation Guide

Preparation depends on the area being scanned—see the list below.

What to Expect

- Ultrasound uses sound waves (no radiation). A small transducer and gel are applied to the skin. Most exams are painless.

Preparation by Exam Type

- **Abdomen (liver, gallbladder, pancreas):** Fast for 6–8 hours to reduce bowel gas; small sips of water for medicines are okay unless told otherwise.
- **Pelvis (female) & Obstetric:** Arrive with a full bladder—drink 4–6 glasses of water 60–90 minutes before and do not urinate until after the exam.
- **Renal/Urinary:** Drink 2–4 glasses of water 30–60 minutes before; some centers also request 4–6 hours fasting—follow your appointment letter.
- **Thyroid/Neck/Soft tissue:** No special preparation.
- **Vascular (e.g., DVT, carotid):** Usually no fasting unless specified for abdominal vessels.
- **Pediatrics:** Follow instructions provided—bring comfort items for the child.

General Day-Of Tips

- **Clothing:** Wear loose, comfortable clothing and consider a two-piece outfit.
- **Jewelry:** Remove items that may interfere with the area being scanned.

After the Exam

- You can resume normal activities unless told otherwise.

What to Bring

- Photo ID, referral letter, prior imaging if available, and your medication list.

Important

Always follow the instructions provided to you by Images Diagnostic Center staff for your specific exam. If they differ from this guide, our center's instructions take priority.