



ULTRASOUND PREPARATIONS

ABDOMEN - ONLY

Avoid excess fats the night prior to the exam and solid foods 8 hours before the exam. Small quantities of clear fluids are permitted. (Any medication should be taken as required)

PELVIC - ONLY (FEMALE & MALE)

One hour prior to exam, drink 4 cups of water (total 32 oz)
Do NOT empty bladder

PROSTATE - TRANSRECTAL

The evening before the examination, take a fleet enema (purchased at the drug store). One hour prior to exam, drink 4 cups of water (total 32 oz). Do not empty bladder.

ABDOMEN & PELVIC - SAME VISIT

Avoid solid foods and excess fats 8 hours before the exam. Small quantities of clear fluids are permitted. One hour prior to the exam drink 4 cups of water (total 32 oz.). Do NOT empty bladder.

PREGNANCY

One hour prior to the exam, drink the required amount of water:

under 12 weeks	4 cups (32oz)
12-24 weeks	3 cups (24oz)
over 24 weeks	2 cups (16oz)

Adult Echocardiogram, Scrotum, Thyroid & Neck, Parathyroid, Salivary Glands, Neonatal Hips, Musculo-Skeletal, Vascular Ultrasound – No preparation required

BREAST IMAGING PREPARATIONS

We prefer to schedule the exam during the first 2 weeks following onset of menstruation. Do Not use body powders or deodorants on the day of the mammogram. No preparations required for breast ultrasounds.

APPOINTMENTS

- Please follow preparations carefully.
- We reserve the right to refuse and reschedule services due to circumstances such as arrival time, equipment downtime, patient/equipment weight capacities, etc.
- Please allow approx 45 minutes for each exam.
- Please arrive 15 minutes prior to your schedule appointment time in order to register and to complete any necessary paperwork.
- 24 hours notice is required for cancellations.
- Reports will be sent to the referring physician within 2-3 days. Urgent cases will be forwarded as soon as possible.
- Ministry of Health guidelines restrict the release of reports directly to patients. Should you require to sign out your exam images to a specialist, please allow us 48 hours advance notice for packaging and handling.