

**INSTRUCTION SHEET
FOR X-RAY,
ULTRASOUND & BMD**



NO PREPARATION REQUIRED FOR THE FOLLOWING:

Transvaginal ultrasound only (no pelvic exam)
Musculoskeletal ultrasound
Thyroid ultrasound
Doppler/Vascular
Breast ultrasound
Face/Neck/Chest

X-RAY

If there is a possibility that you are pregnant, please inform your doctor and the technologist prior to the X-ray.

ABDOMINAL ULTRASOUND

Do not eat or drink anything for 8 hours prior to the examination.

ABDOMINAL / PELVIC ULTRASOUND

Do not eat for 8 hours prior to the examination. Finish drinking 1 Liter of fluid (four 8 oz glasses) 1 hour before your examination time. Do not empty your bladder.

PELVIC ULTRASOUND / EARLY PREGNANCY (6-11 weeks)

Finish drinking 1 Liter of clear fluid (four 8 oz glasses) 1 hour before examination time. Do not empty your bladder. A transvaginal study may also be requested; this involves the insertion of the ultrasound probe into the vagina for optimal visualization of the pelvic structures. The bladder will be emptied for this portion of the examination.

OBSTETRICAL (PREGNANCY) ULTRASOUND (12-40 weeks) / NUCHAL TRANSLUCENCY (11-14 weeks)

No preparation required.

KIDNEYS / BLADDER ULTRASOUND

Finish drinking 1 Liter of clear fluid (four 8 oz glasses) 1 hour before examination time. Do not empty your bladder.

PROSTATE / TRANSRECTAL

Fleet enema 2 hours before the examination (kit can be purchased at the pharmacy). Then drink 1 Liter of clear fluid (four 8 oz glasses) 1 hour before appointment time. DO NOT empty your bladder.

BONE MINERAL DENSITOMETRY (BMD)

Appointment should not be booked within 2 weeks of having any X-ray exams involving contrast agents or having had a nuclear medicine examination. On the day of the examination, do not take calcium supplements or iron tablets.