

Nashoba Valley Medical Center
 Department of Diagnostic Imaging
 Preparation for Ultrasound Procedures

Patient's name _____
 Date of Exam _____ Time of Exam _____

Please arrive at outpatient Registration 20 minutes prior to exam.
Please Bring Appropriate Insurance Information

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| <input type="checkbox"/> ABDOMEN <input type="checkbox"/> LIVER <input type="checkbox"/> RENAL or RENAL ARTERY <input type="checkbox"/> GALLBLADDER/ BILIARY DUCTS <input type="checkbox"/> PANCREAS <input type="checkbox"/> AORTA <ol style="list-style-type: none"> 1. Fat free diet for 24 hours before examination (avoid dairy products, fried foods, meats) 2. Do not eat or drink anything on the morning of your examination. DO NOT CHEW GUM 3. For RENAL ultrasound only: Drink 16 oz of water 30 min. prior to test. DO not Empty Bladder. <p style="margin-top: 20px;">**If you are scheduled for an abdomen and pelvic ultrasound on the same day you may drink water only for the exam. Your results will not be affected. DO NOT EAT.</p> | <input type="checkbox"/> PELVIC ULTRASOUND <ol style="list-style-type: none"> 1. Drink five 8 oz. glasses of water. Finish drinking 1 hour before your exam time. DO NOT SUBSTITUTE CARBONATED BEVERAGES (SODA) 2. After you drink the water DO NOT urinate until the ultrasound appointment is completed. If your bladder is not full the exam could be delayed. 3. If you are menstruating or are having heavy bleeding on the day of your exam, please call the department number listed below. It is possible your exam may have to be rescheduled for best results. |
| <input type="checkbox"/> NON-INVASIVE PERIPHERAL ARTERIAL STUDY <input type="checkbox"/> CAROTID ULTRASOUND/ CAROTID NON-INVASIVE <input type="checkbox"/> ECHOCARDIOGRAM (CARDIAC ECHO) No preparation necessary | <input type="checkbox"/> VENOUS DOPPLER OF LOWER EXTREMITY <input type="checkbox"/> THYROID ULTRASOUND <input type="checkbox"/> TESTICULAR ULTRASOUND No preparation necessary |

Thank you for choosing Nashoba Valley Medical Center Ultrasound.
Please feel free to call us if you have any questions about the preparation or the examination at (978) 784-9270