



## PLEASE BRING THIS FORM WITH YOU TO YOUR APPOINTMENT

**Preparations:** The following are routine adult preparations. If you & your doctor feel they are not indicated for you, please call for alternative instructions.

**Clear liquids include:** Water, tea, coffee (no cream), soft drinks, bouillon, Jello (no fruit), apple juice, cranberry juice, ice popsicles.

### Ultrasound

**Abdominal, Aorta, Biopsy or TIPS Evaluation:** Do not eat or drink 8 hours prior to exam.

**Pelvic:** Empty bladder. Ninety minutes before your exam, start drinking 1-1.5 quarts of liquid. If you weigh over 150 lbs., drink 2 quarts. Do not empty bladder again until your exam is completed. Most pelvic and early obstetrical studies include an endo-vaginal ultrasound exam.

**OB Ultrasound:** Follow pelvic prep instructions for up to 20 weeks gestation. After 20 weeks gestation, drink only 1 quart.

**Renal Ultrasound:** One hour prior to exam empty bladder. Drink 1 quart non-carbonated liquid. Do not empty bladder.

**Renal Transplants:** One hour prior to exam empty bladder. Drink 1 quart non-carbonated liquid. Do not empty bladder.

### Breast Imaging

**Mammograms:** Do not use powder, deodorant or lotion. Wear a two-piece outfit. Please bring outside mammograms.

**Bone Density:** No intestinal contrast studies seven days prior to exam. (Ex. BE, GI, SB, CT or nuclear medicine studies) No calcium tablets 3 days prior. Wear two piece outfit without zippers or metal.