



North Ottawa Community Health System

What is an ultrasound?

Ultrasound is a non-invasive diagnostic imaging test that uses high frequency sound waves to produce images of the structures within the body.

How do I prepare for my test?

The following Ultrasound exams **require preparation** before the exam:

1. Abdominal Ultrasound including: Aorta, Pancreas, Liver, Gallbladder, Celiac Artery, Renal Arteries, Superior Mesenteric Artery (SMA).
 - **DO NOT** eat or drink after **12:00 am (midnight)** prior to your exam
 - **Avoid** Dairy products the day before your exam.

2. Kidney/ Renal Ultrasound
 - Please drink **32 ounces (oz)** of water over **four (4)** hours before your exam.

3. Pelvic Ultrasound and Bladder Ultrasound
 - Please drink at least **32 ounces (oz)** of water **one (1)** hour before your exam.
 - **DO NOT** urinate until the ultrasound exam is complete.

4. Obstetric Ultrasound
 - First trimester patients – patients should drink **32 ounces (oz)** of water **one (1)** hour before your exam. **DO NOT** urinate until the ultrasound exam is complete.
 - Second and third trimester patients – **NO** preparation required.