**Preparations**

**\*\*Please make sure you follow preparations carefully to avoid rescheduling\*\***

**X-ray**No preparations required.

**Ultrasound**

**Abdomen Ultrasound:**

* Eat a fat free dinner the night before your appointment
* No dairy products or fried foods
* No carbonated drinks 12 hours before your appointment
* Nothing to eat or drink for 8 hours prior.
* **DO NOT** eat breakfast

**Abdomen and Pelvis Ultrasound:**

* Eat a fat free dinner the night before your appointment
* No dairy products or fried foods
* Nothing to eat or drink for 8 hours prior.
* Drink 5 glasses (2 bottles) of clear fluids one hour before your appointment time (water, juice, black coffee or black tea)
* **DO NOT VOID –** *a full bladder is necessary for the examination*

**Pelvis ( Transabominal, or includes Transvaginal) Ultrasound:**

* Drink 5 glasses (2 bottles) of clear fluids one hour before your appointment time (water, juice, black coffee or black tea)
* **DO NOT VOID –** *a full bladder is necessary for the examination*
* No fasting necessary

**Obstetrical Ultrasound (Below 16 weeks, Above 16 weeks, and High-Risk):**

* Obstetrical (< below 16 weeks):
	+ Drink 5 glasses (2 bottles) of clear fluids one hour before your appointment time (water, juice, black coffee or black tea)

**Nuchal Translucency:**

* Drink 3 glasses (or 1.5 small bottles) of clear fluids one hour before your appointment time (water, juice, black coffee or black tea)
* You must bring all the papers from your doctor (blood work, requisition, I.P.S. screening paper, etc) with you for your appointment

**Transrectal / Prostate Ultrasound:**

* Purchase a FLEET ENEMA from the pharmacy
* Self-administer the enema 2 hours before your appointment time.
* Drink 4-5 glasses (or 2 small bottles) of clear fluids one hour before your appointment time (water, juice, black coffee or black tea).
* **DO NOT VOID** – *a full bladder is necessary for the examination*