



### PREPARING FOR YOUR ULTRASOUND

Ultrasound is a non-invasive procedure that uses sound waves to create an image showing the size, shape, and texture of various organs. It is a safe test for everyone, including pregnant women and children because no radiation is involved. Some ultrasound scans require preparation.

**Please read and follow the instructions for your type of test or your exam may need to be rescheduled.**

### BEFORE YOUR APPOINTMENT

You may be asked if you have had previous ultrasound imaging at a non-VMG facility. If medically necessary, we will request your previous imaging for comparison.

### WHAT TO EXPECT DURING YOUR EXAM

A warm gel will be placed on your skin. The sonographer will press a small, hand-held device (transducer) against the area being studied and move it as needed to capture the required images and measurements to ensure adequate assessment of the organ(s), or in the case of a pregnant woman, the baby. You may be asked to hold your breath, or turn, in order to get the best images possible. Most pelvic exams, and some early pregnancy exams, require an internal exam that uses a transducer designed to fit into the vagina. You will empty your bladder before this part of the exam.

Your ultrasound can take 20-45 minutes depending on the type of exam. Occasionally the radiologist will want to come in and scan after viewing the initial pictures. Don't be alarmed. The doctor may want to see where things are in relation to other organs or vessels before dictating a final report.

<b>FASTING EXAMS:</b> <input type="checkbox"/> <i>Abdomen</i> <input type="checkbox"/> <i>Aorta</i> <input type="checkbox"/> <i>Renal doppler</i>
Schedule in the morning for best exam quality, (can be done later by request)
<b>PREP:</b>
<ul style="list-style-type: none"><li>• <b>Do not eat or drink</b> for <b>at least 6 hours</b> before your exam</li><li>• You may take your medications with a small amount of water</li></ul>

<b>FULL BLADDER EXAMS:</b> <input type="checkbox"/> <i>Pelvis</i> <input type="checkbox"/> <i>OB</i> <input type="checkbox"/> <i>Kidney</i> <input type="checkbox"/> <i>Bladder</i> <input type="checkbox"/> <i>Prostate</i>
<b>PREP:</b>
<ul style="list-style-type: none"><li>• You may eat prior to your ultrasound</li><li>• <b>1½ hours before</b> your appointment <b>empty your bladder</b></li><li>• Immediately after, drink <b>four 8 oz glasses of liquid</b>; water, tea, soda, coffee, juice etc.</li><li>• <b>Do not empty your bladder</b> again before the exam</li></ul>

<b>FASTING / FULL BLADDER EXAM:</b> <input type="checkbox"/> <i>Abdomen &amp; Pelvis</i>
Schedule in the morning for best exam quality, (can be done later by request)
<b>PREP:</b>
<ul style="list-style-type: none"><li>• <b>Do not eat</b> for at least <b>6 hours</b> before your ultrasound</li><li>• <b>1½ hours before</b> your appointment <b>empty your bladder</b></li><li>• Immediately after, drink <b>four 8 oz glasses of water</b> (only water because this is also a fasting exam)</li><li>• <b>Do not empty your bladder</b> again before the exam</li></ul>

<b><u>YOUR SCHEDULED APPOINTMENT</u></b>			
Day _____	Date _____	Time _____	
<input type="checkbox"/> Amherst Medical Center 31 Hall Drive Amherst MA 01002 413.256.8561	<input type="checkbox"/> Easthampton Health Center 238 Northampton Street Easthampton MA 01027 413.529.9300	<input type="checkbox"/> Greenfield Health Center 329 Conway Street Greenfield MA 01301 413.774.6301	<input type="checkbox"/> Northampton Health Center 70 Main Street Florence MA 01062 413.586.8400