

## Ultrasound Patient Education & Preparation

**Appointment Date:** \_\_\_\_\_

**Procedure Time:** \_\_\_\_\_ **\*\*\*Please arrive 30 minutes prior to your procedure time\*\*\***

### What Is This Test?

An ultrasound is a safe, painless imaging test that uses sound waves to create pictures of structures inside your body. It helps your provider evaluate organs and tissues and diagnose a variety of medical conditions.

Ultrasound does not use radiation and typically takes about 15–30 minutes, depending on the type of exam. There is no recovery time required.

### What to Expect

You will lie comfortably on an exam table. A technologist will apply a small amount of gel to the area being examined and gently move a handheld probe over your skin.

The gel may feel cool, and you may feel light pressure from the probe, but the test is not painful. There are no needles and no sedation required.

### **\*\*\*IMPORTANT PREPARATION INSTRUCTIONS\*\*\***

**PLEASE NOTE:** Not following these instructions can prevent us from safely or accurately completing your test. Please follow all preparation steps carefully to avoid delays or rescheduling.

### Day of Your Exam

**\*\*\*DO NOT EAT FOR EIGHT (8) HOURS BEFORE YOUR TEST\*\*\***

You may drink **water or black coffee only (NO cream or sugar)** until your appointment time.

Wear loose-fitting or two-piece clothing to allow easy access to your abdomen.

Take any diabetic and regular medications as usual unless told otherwise.

### After the Procedure

You may resume normal diet, activities, and medications immediately.

### Questions?

Contact our office if you have questions before your appointment.