

# PREPARATIONS

## 1. ABDOMINAL ULTRASOUND IN A.M.

Fat free supper (no fatty meats, no butter, no cream, no oil, no eggs and no chocolate). Nothing to eat after midnight. No breakfast. Medication may be taken with water. If your study is for urine or bladder problem please drink 1 litre of water prior to the appointment. Do not empty your bladder.

## 2. ABDOMINAL ULTRASOUND IN P.M.

Fat free breakfast (no milk, no butter, no cream, no eggs) 6 hours before your appointment. Two hours before the test, you must have one litre of water, no cream or milk. Medication may be taken with water. If your study is for urine or bladder problem please drink 1 litre of water prior to the appointment. Do not empty your bladder.

## 3. PREGNANCY & PELVIC (MALE & FEMALE STUDIES)

Finish drinking 1 litre of water or juice one hour before your appointment time.  
**DO NOT EMPTY YOUR BLADDER.**

## 4. ABDOMEN AND PELVIC COMBINED ULTRASOUND IN A.M.

Fat free supper (no fatty meats, no butter, no cream, no oil, no eggs and no chocolate). Finish drinking 1 litre of water one hour before your appointment time.  
**DO NOT EMPTY YOUR BLADDER.** Medication may be taken with water. If your study is for urine or bladder problem please drink 1 litre of water prior to the appointment. Do not empty your bladder. Medication may be taken with water.

## 5. ABDOMEN AND PELVIC COMBINED ULTRASOUND IN P.M.

Fat free breakfast (no milk, no butter, no cream, no eggs). Finish drinking 1 litre of water one hour before your appointment time.  
**DO NOT EMPTY YOUR BLADDER.** Medication may be taken with the water. If your study is for urine or bladder problem please drink 1 litre of water prior to the appointment. Do not empty your bladder.

## 6. MAMMOGRAM

No deodorant or powder on exam date.

## 7. PROSTATE ULTRASOUND

Two hours prior to exam, insert one Dulcolax suppository (available as over counter medicine at drug store). One hour prior to exam, drink 1 litre of juice or water. **DO NOT EMPTY YOUR BLADDER.**

## 8. BONE MINERAL DENSITY

Wear clothing with no buttons or zippers, no jewellery.  
Please take calcium tablets after the Bone Density test.

## 9. MUSCULOSKELETAL ULTRASOUND/ECHOCARDIOGRAM

No preparation necessary.

## 10. BIOPSY

No preparation necessary.