



## NOTES FOR PATIENT

### ULTRASOUND PREPARATIONS

#### ABDOMEN ULTRASOUND

- Fat free dinner the night before the examination and no food/drink after midnight
- No dairy products or fried foods
- No smoking or chewing gum
- No carbonated drinks 12 hours prior to the exam

#### PELVIS, OBSTETRICAL ULTRASOUND

- Drink 4 glasses (1 Litre) of clear fluid (water, juice, black coffee/tea)
- Finish drinking 1 hour prior to the examination
- DO NOT VOID, a full bladder is necessary for the examination
- Please eat breakfast and lunch

#### TRANSRECTAL PROSTATE ULTRASOUND

- Follow the full bladder preparation
- Take a Fleet Enema 2-3 hours before your appointment time

#### ABDOMEN & PELVIC ULTRASOUND

(BOOKED TOGETHER)

- Fast overnight (follow above ABDOMINAL)
- Drink 4 glasses (1 Litre) of clear fluid (water, juice, black coffee/tea)

#### FOLLICULAR MONITORING

- Follow the full bladder preparation for the first appointment of each monthly cycle

#### RENAL (KIDNEY) ULTRASOUND

(INCLUDES BLADDER)

- Follow the full bladder preparation

### FASTING PREPARATION

- Avoid eating fatty foods for 24 hours prior to your appointment time.
- Do not eat or drink anything for 6 hours prior to your appointment time.

### FULL BLADDER PREPARATION

Males drink 1 litre (4 cups or 32 oz.)

Females drink 1.25 Litres (5 cups or 40 oz.)

- 2 hours before your appointment time, start drinking the required amount of water.
- Finish drinking the water 1 hour before your appointment

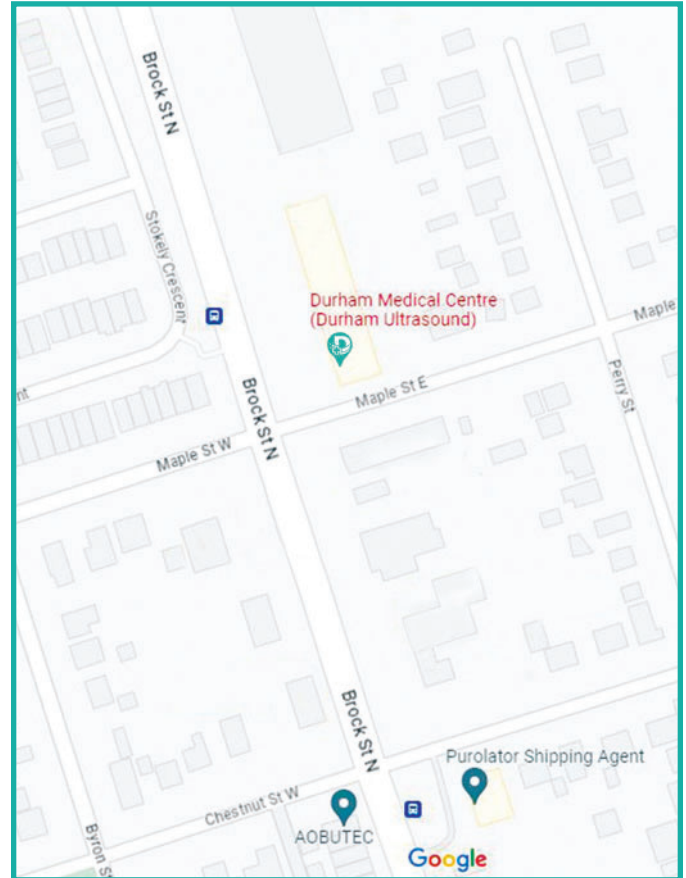
**DO NOT EMPTY YOUR BLADDER BEFORE YOUR EXAMINATION.**

**PLEASE NOTE: IF YOUR BLADDER IS NOT FULL ON ARRIVAL, A WAIT OF 1-2 HOURS MAY BE REQUIRED OR YOU MAY HAVE TO RESCHEDULE.**

### MAMMOGRAM

DIGITAL MAMMOGRAPHY

- Please do not wear any deodorant, talcum powder or perfume on the day of your examination
- Where possible please wear a two piece outfit
- If you had any previous mammograms at another location, arrange to bring them with you for comparison on the day of your exam



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**FOR APPOINTMENT BOOKING, PLEASE CALL 905-493-9447 (9HHS) OR FAX 905-499-1440**