

### Appointment Information

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
mm dd yy

Time: \_\_\_\_\_

### What it is an ultrasound

Ultrasound, also called sonography, uses sound waves to produce images of structures within your body. The sound waves bounce off surfaces in your body, and the “echoes” are recorded and transformed into video or photographs. Another type of ultrasound is Doppler ultrasound, used to show the speed and direction of blood flow. Unlike a standard ultrasound, some sound waves during the Doppler exam are audible.

### How to prepare

#### No preparation needed

- Thyroid ultrasound
- Testicular ultrasound
- Vascular extremities ultrasound
- Ultrasound of the breast
- Kidney ultrasound

#### Fasting for 6 hours prior to examination

- Upper abdomen ultrasound

#### Urinary tract/ bladder ultrasound

- 1 hour prior to your examination drink 6 to 8 glasses of water.
- Do not empty your bladder until your exam has been completed.

#### Transvaginal and pelvic ultrasound

- **Transvaginal:** the urinary bladder is preferably empty. Consideration of having a chaperone present.
- **Pelvic transabdominal:** 1 hour prior to your examination drink 6 to 8 glasses of water. Do not empty your bladder until your exam has been completed.

#### Prostate ultrasound

- **Transabdominal:** 1 hour prior to your examination drink 6 to 8 glasses of water. Do not empty your bladder until your exam has been completed.