



CVFP Diagnostic Center Ultrasound Preparations

****Please avoid perfumes, colognes, and scented lotions on the day of your exam.****

- **Abdominal Ultrasound:** Do not eat or drink anything after midnight the night prior to your exam. A sip of water is acceptable to take medications.
- **Abdominal Ultrasound and Pelvic Ultrasound:** Do not eat or drink anything after midnight the night prior to your exam, except for 32 oz. of water one hour prior to exam time (water only). Do not void (urinate) until the exam is finished. You must have a full bladder for the pelvic ultrasound.
- **DEXA (Bone Density):** Do not take any calcium supplements 24 hours prior to your bone density test. This includes multivitamins with calcium, Tums, Rolaids, etc. Wear loose fitting clothing without buttons or zippers.
- **Echocardiogram:** Do not apply lotions to the chest on the day of the appointment.
- **Pelvic Ultrasound:** Please drink 32 oz. of water one hour prior to exam time. Do not void (urinate) until the exam is finished. You must have a full bladder during the ultrasound.
- **Transvaginal Ultrasound:** No preparation is required. Please empty bladder prior to exam.
- **Pelvic and Transvaginal Ultrasound:** Please drink 32 oz. of water one hour prior to exam time. Do not void (urinate) until the exam is finished. You must have a full bladder during the pelvic ultrasound but will urinate before the transvaginal ultrasound is started.
- **Renal Ultrasound:** Do not eat or drink anything after midnight the night prior to your exam except for 24 oz. of water, one hour prior to the ultrasound. Do not void (urinate) until the exam is finished. Stay hydrated the day before the exam by drinking clear liquids throughout the day.
- **Renal Artery Ultrasound:** Do not eat or drink anything after midnight the night prior to your exam. Stay hydrated the day before the exam by drinking clear liquids throughout the day.
- **PVR/ABI Studies:** Wear a short-sleeved shirt. For PVR studies, pants will be removed. If your exam is ordered with exercise, you will walk on a treadmill. Wear comfortable walking shoes.
- **For the Carotid Artery Duplex and/or the Thyroid Ultrasound:** No turtlenecks please.

All other exams do not have a specific preparation.
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