

Please note your appointment date, time and **site**:

Please arrive 15 minutes prior to your appointment to register. If you are late, your appointment may be rebooked.

Do not call our department for an appointment. Your healthcare provider has faxed us your requisition and we will be contacting you to book your appointment.

If you do not follow the preparation instructions (below), your appointment may be rebooked.

DO call us to provide 24 hours notice for appointment changes or cancellations.

Smiths Falls Site: 613-283-2330 ext. 1115

Great War Memorial Site: 613-267-1500 ext. 4271

Do not wear scented products on the day of your exam.

For safety reasons, young children will not be permitted in the room during your examination.

Abdomen:

- Do not eat, chew gum or smoke for 6 hours prior to your exam. If you are diabetic, you may have sips of juice (if needed).
- You may take your medications with few sips of Plain Water.

Pelvis:

- Your bladder must be full for the exam. Please drink 1 litre of Plain water starting 1.5 hours before your appointment, and finishing 1 hour prior to your appointment. **DO NOT EMPTY YOUR BLADDER.** If you have a catheter, it must be clamped off before you start to drink.
- You may eat and take your medications.

Abdomen & Pelvis:

- Do not eat for 6 hours prior to your exam. If you are diabetic, you may have sips of juice (if needed).
- Your bladder must be full for the exam. Drink 1 litre of Plain Water starting 1.5 hours before your appointment, and finishing 1 hour prior to your appointment. **DO NOT EMPTY YOUR BLADDER.**
- If you have a catheter, it must be clamped off before you start to drink.
- You may take your medications with few sips of plain water.

1st Trimester Pregnancy:

- Only one adult family member in scan room, young children will not be permitted in the room during your examination.
- Your bladder must be full for the exam. Drink 1 litre of Plain Water starting 1.5 hours before your appointment, and finishing 1 hour prior to your appointment. **DO NOT EMPTY YOUR BLADDER.**
- If you have a catheter, it must be clamped off before you start to drink.
- You may eat and take your medications.

2nd or 3rd Trimester Pregnancy:

- Only one adult family member in scan room, young children will not be permitted in the room during your examination.
- The sonographer is NOT able to reveal the gender of your baby to you at your ultrasound appointment. If the gender is seen during your ultrasound, the gender will be included in the report (if requested). You will need to follow-up with your health care provider to be told the gender.
- Your bladder must be full for the exam. Drink 1 litre of Plain Water starting 1.5 hours before your appointment, and finishing 1 hour prior to your appointment. **DO NOT EMPTY YOUR BLADDER**
- If you have a catheter, it must be clamped off before you start to drink.
- You may eat and take your medications.

Biophysical Profile:

- Only one adult family member in scan room, young children will not be permitted in the room during your examination.
- Within 30 minutes of your exam, drink sweetened juice or soda.
- You may eat and take your medications.

Any Other Ultrasound Studies:

- No preparation is required. You may eat, drink and take medications.

