

Preparation Guidelines of Abdominal Ultrasound

- ✓ ***Clothing:*** Wear loose, comfortable clothing. You may need to remove clothing or jewelry from the area being examined.
- ✓ ***Specific Preparations:*** Preparation depends on the type of examination:
 - ***Liver, Gallbladder, Spleen, Pancreas:*** Eat a fat-free meal the evening before your test and avoid eating for 8–12 hours prior to the exam.
 - ***Kidneys:*** Drink 4–6 glasses of liquid about an hour before the test to fill your bladder. Avoid eating for 8–12 hours beforehand to reduce intestinal gas.
 - ***General:*** Your doctor may instruct you to avoid eating or drinking for up to 12 hours before your appointment.
- ✓ ***For Children:*** Ultrasound exams are sensitive to movement. For a smooth experience, explain the procedure to your child beforehand to help them remain calm and still during the test.