

Preparation Guidelines of Prostatic Ultrasound

- ✓ ***Clothing:*** Wear loose, comfortable clothing. You may need to remove clothing or jewelry from the area being examined.
- ✓ ***Fasting:*** Depending on the type of scan, your doctor may advise avoiding food or drink for up to 12 hours prior to the procedure.
- ✓ ***Full Bladder:*** Some exams may require drinking several glasses of water two hours before the test and avoiding urination until the scan begins.
- ✓ ***Blood Thinners:*** If a biopsy is planned, avoid blood thinners (e.g., aspirin) for 7–10 days before the procedure, as directed by your doctor.
- ✓ ***Enema:*** An enema may be required 2–4 hours before the ultrasound to clear the bowel.
- ✓ ***For Children:*** While uncommon in children, ultrasound procedures require stillness. Preparing the child beforehand can ensure a smooth experience.