

**To ensure the best possible image(s) quality please follow instructions.  
If you have any questions regarding these instructions please call (978-635-8908)**

### **Bone Density**

- Please wear light weight clothing that does not have metal or plastic. Avoid bras with underwire or hooks. You may be asked to remove clothing with metal or plastic objects such as zippers, buttons, snaps, jewels, or hooks

### **Adult Ultrasound**

- **Abdomen:**
  - Fasting, **nothing to eat or drink** for 6-8 hours prior to your exam.
  - You may drink enough water to take any medication and brush your teeth.
- **Pelvic/Trans-vaginal:**
  - Drink 24 ounces of water one hour prior to your exam.
  - **DO NOT EMPTY YOUR BLADDER**; a full bladder is needed for the procedure.
- **Abdominal/Pelvic/Trans-vaginal:**
  - **Fasting and drinking water.**
  - **Nothing to eat for 6-8 hours** prior to your exam
  - Please drink 24 ounces of water one hour prior to exam
  - **DO NOT EMPTY YOUR BLADDER**
- **Aortic:**
  - Fasting, **nothing to eat or drink** for 6-8 hours prior to your exam.
  - You may drink enough water to take any medication and brush your teeth.
- **Renal/Bladder:**
  - Drink 20 ounces of water one hour prior to your exam.
  - **DO NOT EMPTY YOUR BLADDER**; a full bladder is needed for the procedure.
- **Obstetrical:** Only first trimesters can be performed in this office.
  - Drink 24 ounces of water one hour prior to exam.
  - **DO NOT EMPTY YOUR BLADDER**. Transvaginal (internal) ultrasound may need to be performed.
- **NO PREP needed for thyroid, scrotal, or vascular extremity.**

### **Pediatric Ultrasound**

- **Abdomen**
  - Age 2-4 years: **Fasting is optimal**. Nothing to eat or drink 4 hours prior to exam
  - Age 5+ years: **Fasting, nothing to eat or drink 6-8 hours** prior to exam
    - If exam is in the afternoon, you may eat a light **non-fat** breakfast before 7:00 am
- **Pelvic:**
  - **DO NOT EMPTY YOUR BLADDER**; a full bladder is needed for the procedure.
  - Age 2-10 years: **encourage water up to 16 ounces**, 1 hour prior to exam
  - Age 10-17 years: **Drink 16-20 ounces of water** 1 hour prior to exam
  - Transvaginal (internal) exam will **not** be performed on any patient **17 years old or younger**, unless directly ordered and/or verified by the ordering provider.
- **Abdominal/Pelvic:**
  - **Follow age Guides for both Abdominal and Pelvic**
  - Fasting and drinking water
  - **DO NOT EMPTY YOUR BLADDER**; a full bladder is needed for the procedure.
- **Renal/Bladder:**
  - **DO NOT EMPTY YOUR BLADDER**; a full bladder is needed for the procedure.
  - Age 2-4 years: **Encourage water 30 minutes** prior to exam
  - Age 4-10 years: **Drink 12 ounces of water 30** minutes prior to exam
  - Age 10-17 years: **Drink 16-20 ounces of water 1 hour** prior
- **Obstetric:**
  - **Only first trimesters can be performed in this office.** \*\*\*\*\*
  - Drink 24 ounces of water one hour prior to exam.
  - **DO NOT EMPTY YOUR BLADDER**. Transvaginal (internal) ultrasound may need to be performed
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- **NO PREP is needed for thyroid, scrotal, vascular extremity, neonatal hip and infant renals**