

# Ultrasound Instructions

## OB AND GYN ULTRASOUNDS

**\*\*\*PLEASE FOLLOW THESE INSTRUCTIONS:**

- 1 hour before your exam, completely empty your bladder.
- Immediately drink a MINIMUM of 32 OUNCES OF WATER. NOTE: It is Imperative to drink all of the water within thirty [30] minutes of having emptied your bladder so that your body can process the water and refill your bladder. If you do not have a full bladder, it may be necessary to repeat the ultrasound at a different date/time.
- DO NOT USE THE BATHROOM UNTIL YOUR EXAM IS FINISHED! A full bladder is ESSENTIAL for OB and GYN ultrasounds, unless otherwise noted below.
- WE RESPECTFULLY REQUEST THAT NO CHILDREN UNDER THE AGE OF 5 YEARS BE PRESENT DURING THE EXAM.

### Gender Check

Follow OB & GYN instructions listed above.

### Fun Scan

DO NOT fill your bladder. Come in comfortably hydrated.

### AFI

DO NOT fill your bladder. MUST present with an empty bladder.

### IUD Check

DO NOT fill your bladder. MUST present with an empty bladder.

### Ultrasound Abdomen (Gallbladder, RUQ) & Kidneys

DO NOT eat or drink anything after midnight the day before the exam. NO FOOD, DRINKS, GUM OR SMOKING UNTIL THE EXAM IS FINISHED.

### Sonohysterography

Follow OB & GYN instructions listed above – full bladder. A pregnancy test may be necessary prior to the procedure.

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### PLEASE NOTE:

There are times during a transabdominal ultrasound when it becomes necessary to visualize pelvic anatomy through a transvaginal approach. **THIS WILL RESULT IN AN ADDITIONAL CHARGE.**

## ULTRASOUND PROTOCOL

from the office of  
Chad C. Lunt M.D., P.C. and Tracy Kvarfordt M.D., P.C.

**PLEASE PREPARE FOR YOUR EXAM BY FOLLOWING THE INSTRUCTIONS ON THE REVERSE SIDE.** If you have not prepared adequately, your appointment will have to be rescheduled. Call (435)674-0999 if you have questions.

Bring a CD-R (DVD-R do not work) if you want images of your baby printed on a disc. **These are still shots.** For a fee of \$5 we will provide a disc.

Paper images will be printed for you. They are printed on heat-sensitive paper which will turn black if left in a hot car, under a hot lamp, or laminated. You can scan, photocopy or 'cold' laminate the images.

**It is important to realize that your ultrasound study is a medical exam** designed to provide your physician with technical, diagnostic information regarding your health, as well as the health of your baby. **Guests are welcome, but MUST remain quiet during the procedure so that your study is uninterrupted and thorough.**

**PLEASE NOTE: WE REQUEST THAT NO CHILDREN UNDER THE AGE OF 5 YEARS BE PRESENT DURING THE EXAM.**

Questions are welcomed and will be answered or referred to your doctor.

