



Tsi Tehsakotitsèn:tha Kateri Memorial Hospital Centre

Established 1905

INFORMATION DOCUMENT FOR YOUR ABDOMINAL-PELVIC ULTRASOUND EXAMINATION

Your ultrasound appointment:

Date: _____ Time: _____

TO-DO LIST:

- ⇒ Please bring a valid RAMQ card. If you do not have one, please advise the receptionist upon booking your appointment.
- ⇒ Arrive 10 minutes before your scheduled time.
- ⇒ You may take all your medication regularly before and after the exam, unless otherwise indicated by the technologist.

ABDOMINAL ULTRASOUND PREPARATION:

ADULTS:

FASTING INSTRUCTIONS = NO FOOD, NO COFFEE, NO TEA, NO JUICE, DON'T CHEW GUM

- ✓ **Fasting from midnight (12 AM) the night before exam**
- ✓ **In the morning:** You may have water only with your medications (if they do not require food)

CHILDREN:

FASTING INSTRUCTIONS = NO FOOD, NO COFFEE, NO TEA, NO JUICE, DON'T CHEW GUM

- ✓ **Under 3 months old:** *No preparation required*
- ✓ **3-12 months old:** Fasting for 3 hours before exam
- ✓ **1-5 years old:** Fasting for 4 hours before exam
- ✓ **6 years and older:** Fasting from midnight (12 AM) the night before the exam
- ✓ **In the morning:** You may have water only with your medications (if they do not require food)

PELVIS ULTRASOUND PREPARATION:

2 hours before the exam:

- ✓ Drink 4 LARGE glasses of water for the first hour.
- ✓ For the second hour, do not urinate. Try and keep a full bladder for the exam.

>>>>**OVER**>>>>

NOTE:

- Abdominal exams will most likely be booked in our morning slots so as to avoid a very long fasting period. **Upon making the appointment, please tell the receptionist if you are diabetic** and if so, please bring an unopened juice box/bottle to your appointment.

UPON ARRIVAL TO YOUR APPOINTMENT:

- ⇒ Please be advised that you will have to change into a gown for your ultrasound examination.
- ⇒ You will be instructed on which garments to remove, depending on the specific exam you are having.
- ⇒ There will be direct contact between your skin and ultrasound gel. If you have any known allergies to gel, please let the technologist know.
- ⇒ The technologist **CANNOT** give you results. The requesting physician will get the results from a radiologist and should provide them to you.

ADDITIONAL NOTES:

- All patients (14 years and older) will be given a private pre-assessment, and then one additional person may accompany them into the room during the exam.
- Please plan for the supervision of children who cannot enter the room during the exam.

For questions, concerns, or to reschedule, please call the Medical Imaging reception desk: 450-638-3930 ext. 6.