

Preparing for Your Ultrasound

You have an ultrasound test scheduled for your:

☐ Abdominal ☐ Aorta ☐ Kidneys (RAS) ☐ Heart ☐ Fibroscan

You need to prepare for this test to get accurate results. Follow the steps below to get ready.



Clothes

On the day of your test, wear loose, comfortable clothes.

We might ask you to put on a gown just before the test.



Medications

Take your medicines with sips of water as usual unless advised by your doctor.



Meals

Do not eat after midnight the night before your test.

This will help your doctor get clear pictures.

You may eat after your test.



Gum

Do not chew gum before your test.

Chewing gum can cause air bubbles to form in your stomach. This can make it harder to get clear pictures.



No smoking

If you smoke, do not smoke the day of the test.

Smoking may make it harder to get clear pictures.



Family & friends

Family and friends may be in the waiting room with you, but cannot be with you during your test.

Do not leave young children in the waiting room without a responsible adult.