OREGON IMAGING CENTERS

ULTRASOUND
PREPARATION GUIDE

Preparation varies depending on the type of ultrasound you are having.
Please follow the preparation instructions for your specific exam checked below.

APPOINTMENT INFORMATION

Appointment Date:_____

Arrival Time:_____

Location:

☐ **University District**
1200 Hilyard St., Suite 330
Eugene, OR 97401

☐ **RiverBend Pavilion**
3377 RiverBend Dr., Suite 150
Springfield, OR 97477

Comments:

_____

_____

_____

WHAT TO EXPECT

Ultrasound (also called sonography) uses sound waves to create images of organs and other structures inside the body. During your exam, warm gel will be applied to your skin while a sonographer gently moves a probe (transducer) over the area being examined.

WHAT TO WEAR

Wear comfortable, loose-fitting clothing that is easy to remove if needed. Depending on your exam, you may be asked to change into a patient gown.

Questions about your preparation instructions? Please contact our Ultrasound Scheduling team at **458-215-4078.**

PREPARATION INSTRUCTIONS

☐ ALL ABDOMINAL EXAMS

- No food, beverages, gum, or hard candy for 6 hours before your exam.
- You may take prescription medications with small sips of water.

☐ COMBINED ABDOMEN AND PELVIC EXAMS

- No food, beverages, gum, or hard candy 6 hours before your exam.
- You may take prescription medications with small sips of water.
- Drink at least 24 oz. of water 1 hour before your exam.
- Do not empty your bladder.

☐ PELVIC ULTRASOUND (EXTERNAL)

- Drink at least 24 oz. of water 1 hour before your exam.
- Do not empty your bladder.

☐ TRANSVAGINAL ULTRASOUND

- A full bladder is not required.
- No fasting is required.

☐ RENAL ULTRASOUND (NO DOPPLER)

- No fasting is required.
- Drink at least 24 oz. of water 1 hour before your exam.
- Do not empty your bladder.

☐ RENAL DOPPLER ONLY

- No food, beverages, gum or hard candy for 6 hours prior to your exam.
- You may take prescription medications with small sips of water.

YOUR ULTRASOUND JOURNEY

1. You will receive appointment reminder notifications beginning 4 days before your exam, including a link to our What to Expect video.
2. Follow the preparation instructions provided in your reminder message.
3. Arrive at your scheduled arrival time.
4. Relax while your technologist performs your exam.

QUESTIONS? WE'RE HERE TO HELP
If you have any questions regarding your exam, please feel free to call us.

General Scheduling: (541) 334-7555
Main Line: (541) 687-7134