

## **PREPS FOR ULTRASOUND**

### **RUQ / ABDOMINAL / GB / AORTA / HEPATIC DOPPLERS**

#### **NOTHING TO EAT OR DRINK AFTER MIDNIGHT BEFORE EXAM**

- 1) 24 hours prior to exam: Avoid gas-producing food such as beans and carbonated beverages
- 2) Evening prior to exam:
  - a) Eat only fat-free and NON-fried foods.
  - b) No dairy products.
- 3) Avoid chewing gum or smoking the morning of the exam.
- 4) If you take medications, you may do so with a small amount of water.

**NOTE TO DIABETICS:** Insulin-dependent diabetics may take their insulin with a piece of **DRY** (nothing on it) toast and a glass of orange or apple juice on the morning of their exam. **NO SUBSTITUTIONS**

#### **IF YOUR EXAM IS SCHEDULED AFTER 12:00 p.m.:**

On the morning of your exam, **BEFORE 6 a.m.**, you may have:

1 piece of **DRY** toast (nothing on it) with 1 cup of black coffee **OR** 1 cup of clear tea (**no cream or milk**) **OR** 1 cup of orange or apple juice **NO SUBSTITUTIONS**