

What to expect from an abdominal and pelvic ultrasound

The information listed below is only a guide; you will be advised of specific details when making your appointment.

Ultrasound is a procedure which uses harmless high frequency sound waves to produce pictures of the body.

Note: If you have had a previous examination relating to this examination at another provider, please inform the booking team as we need to acquire those images for comparison.

Prior to your appointment

1. **Do not eat or drink for 6 hours prior to your appointment**, with the exception of water, black tea or black coffee – no milk or sugar.
2. Please empty your bladder **1.5 hours prior** to your appointment, then drink one litre of water (4–5 glasses) over the next half hour, completing this one hour before your appointment.
3. Please do not go to the toilet. For this procedure to be successful, a full bladder is important. You may empty your bladder after the scan.
4. Continue to take all prescribed medication as usual.
5. Wear casual, comfortable two-piece clothing where possible.

On arrival

1. **Please bring your referral form from your doctor or referrer.**
2. **Please make sure you arrive at least 10 minutes before your scheduled appointment time.**
3. You should allow at least half an hour for this procedure.

After procedure

1. After the scan, you can resume normal activities.
2. A report of your scan will be sent to your doctor as soon as possible.

If you have any questions regarding your ultrasound appointment, **please do not hesitate to call us on 09 630 3324 or 0800 497 297.** We look forward to seeing you.