

## **Ultrasound (US) Preparation**

### **During scheduling and prior to your exam:**

Please notify our staff when scheduling your appointment AND when checking in for your appointment if any of the following apply to you:

- If you need an interpreter to assist you with your native language.

### **How should I prepare for the procedure?**

- Wear something that is comfortable and easy to remove. For most scans you will be asked to change into a gown.
- **Dietary Preparation:**
  - **Abdominal ultrasound:** No food or liquids six (6) hours prior to exam time. Morning appointments are preferred. If medication must be taken on the day of the exam, patient may do so with water only.
  - **Pelvic ultrasound:** Upon arrival in the office, drink two (2) 8-ounce glasses of water. After drinking water, patient should not empty (void) their bladder until after the exam.
  - **Renal with abdomen ultrasound:** No food or liquids six (6) hours prior to exam time. Morning appointments are preferred. If medication must be taken on the day of the exam, patient may do so with water only.

### **It is important that you bring the following with you on the day of your appointment:**

- A copy of the prescription for your examination if it was given to you.
- A list of your current medications.
- Your insurance information.

### **What can I expect on the day of my appointment?**

When you arrive in our office, you will be asked to verify your identification and exam. Patient verification is an important part of your safety and you will be asked to verify your identification several times during your appointment. Our check-in staff will ask you to complete registration forms that will allow us to collect your medical history and any necessary insurance information. One of our technologists will then escort you to the changing area and review your medical history.

After changing into a gown, you will be brought into an ultrasonography room and positioned on a table in order to allow optimal visualization of the structures that are being evaluated.

An ultrasound technologist will apply gel onto your skin in the area of interest and press firmly against the skin with an ultrasound transducer probe. The ultrasound technologist will move the probe along the skin in order to improve visualization and obtain the necessary images.

Transvaginal or transrectal ultrasound exams in which the transducer probe is inserted into an opening of the body, such as the vagina or rectum, provide a closer look at internal structures and are usually well tolerated with minimal discomfort. Always notify the technologist if you experience any pain during an examination.

Once the exam is complete, the gel is wiped off the skin and you will be asked to wait while the images are reviewed with the radiologist in order to ensure that all of the necessary information was obtained. In some cases, the physician may request additional images. We strive, however, to make your visit with us as quick and as pleasant as possible. Most ultrasound examinations take approximately 30 to 45 minutes.

***Our staff is available to address any questions or concerns that you might have before, during, or after your appointment. Please call (212) 746-6000 if you wish to speak with us.***