

ABDOMINAL ULTRASOUND (ADULTS)

- A- 24 hours before the test:
 - 1- Do not drink fizzy drinks.
 - 2- Do not eat flours, vegetables or legumes that produce gases (e.g. beans, lentils, corn, sweet potato, cauliflower, cabbage, broccoli, chard).
 - 3- Do not drink mate or chew gum; avoid smoking.

- B- The day of the test:
 - 1- 7 hour fasting.
 - 2- If you are diabetic, you can eat some jelly 4 hours before the test.
 - 3- You can drink still water up to 2 hours before the test.

ULTRASOUND OF THE URINARY SYSTEM – PELVIS (ADULTS)

- C- The day of the test:
 - 1- Empty your bladder 2 hours before the test.
 - 2- Immediately start drinking 700 cc of still water (finish drinking it 1 hour before the exam).
 - 3- If you have prostate problems and usually hold urine, drink 600 cc.
 - 4- You should go to the appointment with a desire to urinate.

ULTRASOUND OF ABDOMEN AND URINARY SYSTEM - PELVIS (ADULTS)

- A- 24 hours before the test:
 - 1- Do not drink fizzy drinks.
 - 2- Do not eat flours, vegetables or legumes that produce gases (e.g. beans, lentils, corn, sweet potato, cauliflower, cabbage, broccoli, chard).
 - 3- Do not drink mate or chew gum; avoid smoking.

- B- The day of the test:
 - 1- 7 hour fasting.
 - 2- If you are diabetic, you can eat some jelly 4 hours before the test.
 - 3- You can drink still water up to 2 hours before the test.

- C- The day of the test:
 - 1- Empty your bladder 2 hours before the test.
 - 2- Immediately start drinking 700 cc of still water (finish drinking it 1 hour before the exam).
 - 3- If you have prostate problems and usually hold urine, drink 600 cc.
 - 4- You should go to the appointment with a desire to urinate.

ULTRASOUND OF RENAL ARTERIES – ABDOMINAL VESSELS (ADULTS)

48 hours before the test:

1. Do not drink fizzy drinks.
2. Do not eat flours, vegetables or legumes that produce gases.
(e.g. beans, lentils, corn, potato, sweet potato, cauliflower, cabbage, broccoli, chard)
3. Do not drink mate or chew gum; avoid smoking and eating sweets.
4. Take 1 tablet of Meteofar every 8 hours. Start 48 hours before the test.

B- The day of the test:

1. 8 hour fasting prior to the test.
2. (You can drink still water up to 2 hours before the test).

ABDOMINAL ULTRASOUND (CHILDREN)

Do not drink fizzy drinks 24 hours before the test.

Newborns up to 3 months old: No preparation.

Babies 4 months up to 24 months old: 4 hour fasting.

Children 2 to 7 years old: 5 hour fasting.

Children 8 to 12 years old: 6 hour fasting.

Children aged 12 and older: 7 hour fasting.

You can drink still water up to 2 hours before the test (you can eventually drink non-carbonated, sugar and lactose-free juices).

ULTRASOUND OF THE URINARY SYSTEM AND PELVIS (CHILDREN)

Newborns up to 3 years old: 30 minutes before the exam drink water or non-carbonated juices on demand.

Children 4 to 7 years old: 1 hour before the exam drink 400 cc of non-carbonated water or juices on demand and do not urinate until the test is performed.

Children 8 to 12 years old: Empty your bladder 2 hours before the test and immediately start drinking 500 cc to 700 cc of still water. You should go to the appointment with a desire to urinate.

NECK ULTRASOUND/ THYROID DOPPLER

Go to the exam wearing a T-shirt.

SOFT TISSUE AND OBSTETRIC ULTRASOUND

Do not apply cream to the area to be studied.