Ultrasound (US) 1ˢᵗ Trimester Patient Instructions

WEEKS or DAYS before your appointment:

- **Preparation:** You must follow ALL INSTRUCTIONS in this letter. Your doctor has been notified about your appointment.
- **Arrange childcare:** For safety reasons, children cannot accompany you in procedure rooms and cannot be left unattended.
- **Arrange a support person:** An adult support person is welcome to accompany you to your appointment.

HOURS before your appointment:

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2 Hours Before
1. Empty your bladder.
2. Drink 1 litre of water, finishing 1 hour before your appointment.
3. Do not empty your bladder. A full bladder is required for your appointment.

BRING to your appointment:

- Any medication you may need during your appointment.
- Healthcare card.
- Picture identification.
- Eyeglasses, hearing aid(s), and mobility aid/device.
- Patients with diabetes - insulin and glucometer.
- Green sleeve that includes your Goals of Care (GOC) Designation Order form if you have one.

DO NOT bring:

- Leave valuables at home.
- Limit the number of items you bring to your appointment.

AT your appointment:

- **Consent is required:** A legal representative (parent or alternate decision maker) must be available (in person or by telephone) to provide consent for all patients under the age of 18, or any patients that do not have the capacity to make health care decisions.
- You may be provided with a hospital gown to change into.
- To get a clearer view of your pelvic organs, your consent may be required for an endovaginal ultrasound. If necessary, this will be discussed with you during your appointment. Please note that an endovaginal ultrasound is generally not performed on children, but may be needed for older teens, such as in cases of pregnancy.

- In addition to your ultrasound, you may need a blood test.
- Your appointment length may vary up to 4 hours, depending on the number of babies you are expecting and the types of testing you require.