

Ultrasound (US) Abdomen 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.
- **Consult your diabetes care provider:** If you're taking diabetes medications or using Insulin Pump Therapy, consult your diabetes care provider before your appointment. www.ipumpit.ca

HOURS before your appointment:

- Take your prescribed medication with a small sip of water, as directed by your doctor.
- While fasting, all children may continue to drink **clear fluids**.

Adults

- **Stop eating and drinking**
 - 6 hours before your appointment if you **DO NOT** have diabetes.
 - 4 hours before your appointment if you have diabetes.

Children (11 – 17 years old)

- **Stop eating** 6 hours before your appointment.

Children (6 – 10 years old)

- **Stop eating** 4 hours before your appointment.

Children (5 years old and younger)

- **No fasting requirements.** Continue to eat and drink normally.

What are clear fluids?

- **Allowed:** Fluids that you can see through such as water, apple juice, Gatorade™, Kool-Aid™, Pedialyte™, ginger ale, Sprite™, 7UP™, popsicles, black coffee, or tea.
- **NOT Allowed:** Milk based fluids, broth or soup, energy drinks, fruit flavoured gelatin (Jello™), orange juice, drinks with fruit pulp.

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.
- Your appointment may take up to 2 hours.