

## Ultrasound (US) Cordocentesis Patient Instructions

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WEEKS or DAYS before your appointment:  
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- **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](http://www.ipumpit.ca)

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HOURS before your appointment:  
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### UNDER 24 weeks of pregnancy

- Eat a light breakfast before your appointment.
- Continue to take prescribed medication with a small sip of water, as directed by your doctor.

### OVER 24 weeks of pregnancy

- Stop eating at midnight (12:00 AM). You may continue to drink **clear fluids**.
- Stop drinking clear fluids at 5:00 AM.
- Continue to take prescribed medication with a small sip of water, as directed by your doctor

### 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.

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BRING to your appointment:  
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- Current list of medications (prescription and over the counter).
- 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.

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DO NOT bring:  
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- Leave valuables at home.
- Limit the number of items you bring to your appointment.

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AT your appointment:  
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- **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 will be provided with a hospital gown to change into.
- Your appointment may take up to 4 hours.