

**Yale Health Plan
Radiology Department**

17 Hillhouse Avenue

P.O. Box 208237

New Haven, CT 06520-8237

Telephone # 432-0340 Fax # 432-7289

<http://www.yale.edu/uhs>

Ultrasound Instructions

Pelvic Ultrasound

- Your bladder must be full for this exam.
- Start drinking liquids 2 hours before your exam.
- Finish drinking four 8 ounce glasses of liquid one hour prior to the exam.
- It is important not to empty your bladder or void until after the exam.

Please Note: *It is very important that you follow these instructions. Not having a full bladder may result in a delay on the day of your appointment or your appointment may have to be rescheduled.*

Obstetrical Ultrasound

(new obstetrical patients up to 15 weeks gestation)

- Your bladder must be full for this exam.
- Start drinking liquids 2 hours before your exam.
- Finish drinking four 8 ounce glasses of liquid one hour prior to the exam.
- It is important not to empty your bladder or void until after the exam.

Please Note: *It is very important that you follow these instructions. Not having a full bladder may result in a delay on the day of your appointment or your appointment may have to be rescheduled.*

Abdominal Ultrasound

If you are scheduled for an ultrasound of your abdomen, please do not eat or drink for 8 hours prior to your scheduled appointment. You may continue to take routine medications with small sips of water.

Endovaginal Ultrasound

If you are scheduled for an endovaginal ultrasound, you do not need to have a full bladder. There is no preparation required.