

**Ultrasound Appointment Instructions**  
**To cancel or reschedule an appointment, please call 301-295-4961.**

**Patient name:** \_\_\_\_\_

**Date of appointment:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Department Policies**

The statements below are provided to all patients receiving an appointment in Ultrasound, so that they can be made aware of our policies and limitations. Please understand that these policies were developed to provide patients with the best possible medical care:

**Late Policy:** Please plan to arrive 30 minutes before your scheduled appointment. If you are unable to arrive on time, please call the Ultrasound Front Desk at 301-295-4961. However, if you are more than 15 minutes late, you will likely have to reschedule regardless of circumstance.

**Children:** Children under the age of 12 years must have another adult caregiver present. Please do not bring your child/children without a caregiver. Children are not permitted in the exam rooms.

Your technologist will ask you questions about your symptoms and medical history in order to optimize and customize your examination.

**Obstetrical Ultrasound:** Department policy states that no relatives or visitors will be allowed in the exam room during the first part of the exam. The first part of the exam will take approximately 30-40 minutes. The Ultrasound Technologist must be able to focus exclusively on the exam to ensure that the complete screening is performed without distraction. After the Radiologist reviews the exam, other family members will be permitted into the room with the patient. The complete exam duration is one hour. You will receive our written policy upon checking in.

**PROCEDURES WITH NO PREP REQUIRED**

\_\_\_\_\_ **Testicular, thyroid, carotid, neck, extremity, DVT, popliteal fossa, abdominal wall, superficial lesion, neonatal head, spine, and hip ultrasound.**

**PROCUEDES WITH PREPARATION**

\_\_\_\_\_ **Abdomen, right upper quadrant, liver, gallbladder, aorta**

- Fast for 6-8 hours prior to the exam; ONLY sips of water if necessary to take medication.
- If the patient is a child younger than 6 years, they only need to fast for 4 hours.
- If the patient is diabetic, they may have diabetic candy or orange juice if they feel their sugar is low but they should otherwise continue to fast.

\_\_\_\_\_ **Pelvic, Renal Bladder, Obstetrical**

- Drink water (24-32 ounces for pelvic, and 16-20 ounces for renal bladder, and obstetrical) finishing 30 minutes prior to the exam.
- PLEASE DO NOT EMPTY YOUR BLADDER. If you need to go to the bathroom, please notify the front desk.
- If the patient is a child under age 6 years, no water is required.

\_\_\_\_\_ **Sonohysterogram**

- If patient is younger than 50 years or pre-menopausal, a URINE PREGNANCY TEST IS REQUIRED ONE WEEK PRIOR TO THE EXAM.
- The exam must be scheduled for 5-10 days after the first day of the menstrual cycle.