

Ultrasound Preparation Instructions

**PLEASE NOTE: ONLY THE PATIENT AND TWO OTHER FAMILY MEMBERS
ARE ALLOWED IN THE ULTRASOUND ROOM AT THE TIME OF SCAN.**

OB Ultrasound

Preparing for your DATING ULTRASOUND (10 WEEKS OF PREGNANCY OR LESS):

- Increase your water intake beginning the day before your ultrasound
- Please eat a healthy, well-balanced meal 1-2 hours before your appointment
- You may empty your bladder and leave a urine specimen prior to your appointment
- Usually, the ultrasound is performed vaginally, it is not necessary to shave

Preparing for your NUCHAL TRANSLUCENCY (NT) ULTRASOUND:

- Increase your water intake beginning the day before your ultrasound
- Please eat a healthy, well-balanced meal 1-2 hours before your appointment
- Please do not urinate before your exam. We will collect a urine specimen once your ultrasound is complete
- Nuchal translucency testing is usually covered by your insurance but may apply to your deductible. Call your insurance company to check benefits.

- NTD Laboratory (Eurofins) offers a 30-DAY PROMPT PAY DISCOUNT. Call 888-683-5227 within 30 days of receiving your bill or EOB to receive the adjusted cost of \$125.00. (Original cost \$360.00)

Preparing for your OB ULTRASOUND (20 WEEKS OF PREGNANCY OR MORE):

- Increase your water intake beginning the day before your ultrasound
- Please eat a healthy, well-balanced meal 1-2 hours before your appointment
- You may empty your bladder and leave a urine specimen prior to your appointment

GYN Ultrasound

Preparing for your ROUTINE GYN ULTRASOUND:

- Increase your water intake beginning the day before your ultrasound
- You may empty your bladder and leave a urine specimen prior to your appointment
- Usually, the ultrasound is performed vaginally, it is not necessary to shave

Preparing for your FULL-BLADDER GYN ULTRASOUND (Performed abdominally for teens):

- Increase your water intake beginning the day before your ultrasound

- Drink 32 ounces (about 2 water bottles) TWO HOURS BEFORE your appointment and try to maintain a full bladder
- DO NOT EMPTY your bladder until the ultrasound exam is complete