

General Ultrasound Examinations and Preparation Instructions

Abdominal Ultrasound

Description: Evaluates the organs within the abdomen, including the liver, gallbladder, pancreas, spleen, kidneys, and major blood vessels. Commonly used to investigate abdominal pain, abnormal liver function tests, gallstones, kidney stones, and other abdominal conditions.

Preparation: Do not eat or drink for 6-8 hours prior to the exam. Take medications with a small sip of water unless otherwise instructed. Avoid chewing gum or smoking before the examination.

Liver Elastography

Description: Liver elastography is a specialized ultrasound examination that measures the stiffness of liver tissue. It is commonly used to evaluate and monitor liver fibrosis (scarring) associated with conditions such as fatty liver disease, hepatitis, cirrhosis, and other chronic liver conditions. This non-invasive exam provides important information about liver health and may help reduce the need for a liver biopsy.

Preparation: Do not eat or drink anything for 6 hours prior to the examination. No alcohol for 48 hours before the exam. No nicotine products for 4 hours before the exam. Take prescribed medications with small sips of water unless otherwise directed. Wear comfortable clothing that allows access to the upper right abdomen.

Pelvic Ultrasound

Description: Examines the pelvic organs, including the uterus, ovaries, and bladder. Often performed to assess pelvic pain, abnormal bleeding, ovarian cysts, fibroids, and other pelvic abnormalities.

Preparation: Drink 32 ounces (4 cups) of water 1 hour before your appointment. Do not empty your bladder until the examination is completed.

Breast Ultrasound

Description: Used to evaluate breast lumps, areas of concern identified on mammography, breast pain, or other breast-related symptoms. This exam can distinguish between fluid-filled cysts and solid masses.

No special preparation is required. Avoid applying lotions, powders, or deodorants to the breast or underarm area on the day of the exam.

Thyroid Ultrasound

Description: Examines the thyroid gland to evaluate nodules, enlargement, cysts, or other abnormalities and helps characterize thyroid lesions.

No special preparation is required. Wear a shirt with an open neckline or loose collar if possible.

Carotid Doppler Ultrasound

Description: Assesses blood flow through the carotid arteries in the neck, which supply blood to the brain. Commonly used to detect narrowing or blockages that may increase stroke risk.

Preparation: No fasting is required. Wear comfortable clothing with an open neckline and avoid necklaces or turtlenecks.

Venous Doppler Ultrasound

Description: Evaluates blood flow in the veins, most commonly in the arms or legs. Frequently performed to detect deep vein thrombosis (DVT) and other venous disorders.

No special preparation is required. Wear loose-fitting clothing for easy access to the area being examined.

Arterial Doppler Ultrasound

Description: Measures blood flow within the arteries and helps identify narrowing, blockages, or circulation problems affecting the extremities.

Preparation: No caffeine or nicotine for 2 hours prior to the exam. Wear comfortable clothing.

Renal (Kidney) Ultrasound

Description: Provides detailed images of the kidneys and bladder. Used to investigate urinary symptoms, kidney stones, cysts, masses, and impaired kidney function.

Preparation: Drink 24-32 ounces of water 1 hour before the exam. Do not empty your bladder before the examination.

Scrotal Ultrasound

Description: Evaluates the testicles and surrounding tissues for pain, swelling, masses, infertility concerns, or other abnormalities.

No special preparation is required. Wear comfortable clothing and supportive underwear if possible.

Soft Tissue Ultrasound

Description: Examines lumps, bumps, cysts, masses, fluid collections, and other soft tissue abnormalities throughout the body.

No special preparation is required. Wear clothing that allows easy access to the area of concern.

Aortic Ultrasound

Description: Screens and monitors the abdominal aorta for enlargement (aneurysm) or other vascular abnormalities.

Preparation: Do not eat or drink for 6-8 hours prior to the examination. Take prescribed medications with a small sip of water unless instructed otherwise.