

You have been scheduled for one of the following examinations in Diagnostic Imaging. Please check-in **10 minutes** prior to the appointment time. Please call 480-619-4097 if you need to make any changes.

Please review the following exams/descriptions, as you may need to prepare for your exam.

Pelvic Ultrasound: A pelvic ultrasound is an ultrasound of the female pelvis. It examines the female pelvic organs including the uterus, the endometrium (the lining of the uterus), the cervix and the ovaries. Most pelvic ultrasounds are performed using both the transabdominal and transvaginal approaches.

Transabdominal ultrasound involves scanning through your lower abdomen.

Transvaginal ultrasound is an internal ultrasound. It involves scanning with the ultrasound probe within the vagina. Also, a pelvic ultrasound can be performed at any time during the menstrual cycle.

Preparing for Pelvic Ultrasound: We need you to have a FULL bladder for this portion of the exam. A full bladder helps visualize the uterus and ovaries which is the purpose of the Ultrasound. We want you to have the best results possible. If your bladder is not full, we will need to reschedule your appointment.

Start by emptying your bladder. **Drink 32oz of liquid** (no milk, caffeine or carbonated beverages) **90 minutes before exam**. Example: if your appointment is scheduled for 9:00am, you should start by drinking fluid at 7:30am and have it finished by 8:30am.

***** Your bladder should not be so full that it causes pain.** If your bladder is very full and painful, you should empty a small amount so you are more comfortable. You will be able to empty your bladder after the transabdominal ultrasound is completed and before the transvaginal ultrasound begins.***

Abdominal (including Aorta): **NO FOOD or DRINK for SIX HOURS before** an abdominal study. Necessary medications may be taken with a small amount of water only. No chewing gum please.

Renal or Kidney Ultrasound: **DRINK 24oz of CLEAR liquid 1 HOUR Before** your appointment time. Keep bladder full until after the exam.

Thyroid, Abdominal wall (hernia), Superficial Lesions, Vascular exams (Carotid, DVT, lower and upper extremities): No prep is needed for these ultrasounds.

If you have any complications following this procedure, please call DeRosa Medical at 480-619-4097 or seek emergency care as necessary. Technologists are prohibited from giving patients results. Please make sure we have you scheduled with your provider for results.

We are partnering with you to **“Feel Better, Live Better”**.

The DeRosa Medical Care Team
480-619-4097