

Sonogram Preparation – Fasting Instructions

- ☐ **Abdominal**
- ☐ **Abdominal w/ Spectral Doppler Analysis**
- ☐ **Abdominal Aorta**
- ☐ **Duplex Scan of Aorta**
- ☐ **AAA**
- ☐ **Renal**
- ☐ **Renal Arteries Doppler**
- ☐ **Renal + Bladder (also give Full Bladder instructions)**

Appointment Date: _____ **Appointment Time:** _____ AM / PM

Length: Approximately 20-30 minutes

Instructions: You must fast prior to this examination. Food and certain liquids make it difficult to obtain accurate images and your appointment will be rescheduled if you eat.

- **DO NOT EAT ANYTHING** for at least 8 hours before your appointment.
- You may drink **ONLY water**, NO OTHER LIQUIDS.
- **DO NOT** chew gum.
- **DO NOT SMOKE** (cigarettes, e-cigarettes, vape, etc.).

Medications: Consult with your doctor. You can bring your medication with you to take immediately after the examination.