

Sonogram Preparation – Full Bladder Instructions

- ☐ Transabdominal
- ☐ Pelvic
- ☐ Pelvic w/ Spectral Doppler Analysis
- ☐ Prostate
- ☐ Renal + Bladder (also give Fasting instructions)

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

Length: Approximately 20-30 minutes

Instructions:

- **1 HOUR BEFORE YOUR EXAM**, start drinking water to fill your bladder. It is recommended to drink about 1 liter (~8 small cups) of water over the course of 40 minutes.
- **STOP** drinking 20 minutes before the exam.
- **DO NOT EMPTY YOUR BLADDER** until the exam is complete. Your bladder must be full in order to successfully complete the exam. If your bladder is not full, you may need to reschedule.