

ABDOMINAL ULTRASOUND CHECKLIST & INSTRUCTIONS



Appointment Location:

☐ **Hanover Office**

8262 Atlee Road,
Suite 202, MOB III
Mechanicsville, VA 23116

☐ **Midlothian Center**

169 Wadsworth Drive
N. Chesterfield, VA 23236

☐ **Tri Cities Office**

16011 Kairos Road
Suite 300
Colonial Heights, VA 23834

☐ **West Creek**

1630 Wilkes Ridge Pkwy
Suite 202
Richmond, VA 23233

Appointment Date:

Appointment Time:

**Arrival Time: 15 minutes
before appointment time**

Night Before Your Ultrasound:

- ☐ Eat a light, fat free dinner. Examples include vegetable soup, baked or grilled chicken or fish, steamed vegetables or salad with fat free dressing.

Day of Your Ultrasound:

- ☐ **DIETARY RESTRICTIONS:** Solid food and liquids are allowed up to six (6) hours before your appointment time. Do not have anything by mouth six (6) hours before scheduled appointment, this includes mints, gum, and candy
- ☐ **MEDICATIONS:** Up to six (6) hours before your Ultrasound, take your usual medications. Bring a *complete* list of your prescription and over-the-counter medications; along with any applicable specialist co pay.

Approved Clear Liquids

• Gatorade, Pedialyte, or Powerade	• Clear broth or bouillon- any type
• Black coffee or tea (no milk or dairy creamers)	• Carbonated and non-carbonated beverages
• Kool-Aid or other fruit-flavored drinks	• Strained fruit juices (no pulp)
• Jell-O, popsicles, hard candy	• **No red, orange or purple products

**If you must CANCEL or RESCHEDULE your ultrasound for any reason,
please contact us at least forty-eight hours in advance.
Cancelations with less than forty-eight hours will result in a fee of \$25.**