

Instruct the patient to:

- Bring their valid health card
- Arrive 10 minutes before their appointment to allow time to be registered
- If they are late for an appointment, they may need to be rescheduled.
- If they are unable to come for their appointment, they need to do their best to provide 24 hours notice.
- To reschedule a test, call **613-345-5649 extension 1114**

ABDOMEN:

Nothing to eat or drink 10 hours prior to exam. This includes gum, candy, smoking, and water.
(May have sip of water if taking medication).

ADOMEN and PELVIS:

Do not eat 10 hours prior to exam.

You must drink 5-8 oz. (40 oz.) of water, finishing 1 hour prior to appointment time.

Do not empty your bladder until after your exam.

Refrain from smoking.

PELVIS WITH/WITHOUT TRANSVAGINAL EXAM:

1 ½ hours before exam, empty your bladder.

Then drink 40 oz. of water. Finish drinking water 1 hour before exam.

Do not empty your bladder until after your exam.

OBSTETRICAL - 1st TRIMESTER:

1 ½ hours before exam, empty your bladder.

Then drink 5-8 oz. (40 oz.) of water. Finish drinking water 1 hour before exam.

Do not empty your bladder until after your exam.

OBSTETRICAL - 2nd/3rd TRIMESTER:

Drink 2-8oz glasses of water 1 hour before exam.

Do not empty your bladder until after your exam

BIOPHYSICAL PROFILE:

Have something to eat and drink 1 hour prior to exam. The sugar will make baby active, giving accurate results.

PEDIATRIC ULTRASOUND >5 YEARS OF AGE:

Abdominal Ultrasound: Fast for six hours prior to exam.

Pelvic Ultrasound: Finish drinking two to three 8oz glasses of liquid 30 minutes before exam without voiding.

THERE ARE NO PREPARATIONS REQUIRED FOR THE FOLLOWING EXAMS:

Thyroid/Neck, Testicular, Trans Vaginal, Venous Doppler, Arterial Doppler, Carotid Doppler, Echocardiogram, Upper or Lower Extremities, Axilla, Lumbar Spine, Breast, Face, Chest.