

Abdominal Ultrasound Preparation

- Eat a low fat dinner on the evening before the examination (no fried, fatty or greasy foods and no dairy products)
- Nothing to eat or drink for 12 hours prior to your appointment
- If there are medications that you must take, only drink a small amount of water when taking the medications
- Children: Do not eat or drink four hours before study or skip one meal
- If you are diabetic, please take your insulin.
- If your exam takes place after 1 p.m. You should be fasting for 4 to 6 hours before the exam. However, you can take your medicine with a little bit of water.
- Do not chew gum, as this will make you swallow air, which may affect the quality of the images.



Office: (508) 720-4980

67 Union Street, Medical Office Building, Suite 306 Natick, MA 01760