



Beehive Healthcare Solutions

South-West Essex GP-Referred Ultrasound Service.

10a Highview Parade. Woodford Avenue. Ilford. IG4 5EP

Tel: 020 8550 9108 Fax: 020 8551 5911

Patient Preparation for Ultrasound examination.

Your Doctor has recommended that you have an ultrasound examination.

In order that the ultrasound examination be as successful as possible, and gives your Doctor the maximum amount of information, please follow the patient examination procedure highlighted below.

Abdominal Ultrasound examination.

(Your Doctor may alternatively have asked for a scan of your 'Liver', 'Gall Bladder', 'Pancreas', 'Aorta' or 'Spleen')

Eat nothing for the 6 hours prior to your examination. You may drink water or fruit juice, if you wish.

If you are diabetic, you should continue to eat a fat free diet. i.e. no dairy products.

Abdominal & Pelvis Ultrasound examination.

(Your Doctor may alternatively have asked for a scan of your 'Kidneys' (Renal) or 'Kidneys and Bladder' (KUB)).

Eat nothing for the 6 hours prior to your examination.

You need to have a full bladder and should aim to drink at least 1 pint of water or clear fluids in the hour before your examination. Do not empty your bladder during this hour.

If you are diabetic, you should continue to eat a fat free diet. i.e. no dairy products.

Female Pelvic / Gynaecology Ultrasound Examination.

(Your Doctor may alternatively have asked for a scan of your 'Uterus', 'Ovaries' or 'Bladder').

You need to have a full bladder and should aim to drink at least 1 pint of water or clear fluids in the hour before your examination. Do not empty your bladder during this hour.

Part way through the examination, you may be sent to the toilet to empty your bladder and then a further scan undertaken. An internal (trans-vaginal) scan may be offered at this time, which provides greater clarity of the pelvic organs. If we proceed with this scan, a female chaperone will be in the examination room with you.

Male Pelvic Ultrasound Examination

(Your Doctor may alternatively have asked for a scan of your 'Prostate' or 'Bladder').

You need to have a full bladder and should aim to drink at least 1 pint of water or clear fluids in the hour before your examination. Do not empty your bladder during this hour. Part way through the examination, you will be sent to the toilet to empty your bladder and then a further scan undertaken.

Testes, Thyroid, Neck, Lumps, or Musculo-Skeletal Ultrasound.

No specific preparation is required and you can eat and drink as normal.

If you are unsure of the correct preparation required, either speak to your GP Surgery or contact Beehive Solutions and ask for instructions on 020 8550 9108, 07961 192 192