

## Appointment Details

Please note your scheduled **date, time, and location**:

Smiths Falls Campus

Perth GWM Campus

## Booking & Changes

- **Do not call to book your appointment.**  
Your healthcare provider has sent us the requisition, and we will contact you to schedule your exam.
- **Call us if you need to cancel or reschedule, with at least 24 hours' notice.**  
Smiths Falls: (613) 283-2330 ext. 1409  
Perth GWM: (613) 283-2330 ext. 1409

## Day of Your Exam

Do not smoke on the day of your exam.  
Do not wear scented products.  
For pregnancy exams, **one adult only** may be in the scan room.  
Young children are not allowed in the exam room.

## Preparation Instructions *(Follow the instructions for your specific exam)*

### Abdominal Ultrasound

- No food, gum, or smoking for **6 hours** before your exam.
- Take your medications with sips of clear water.
- Diabetics may have juice if needed.

### Pelvic / Abdominal & Pelvic Ultrasound

- **Full bladder required.**
- Drink **5 cups (40 oz / 1.5 L)** of clear, non-carbonated fluids  
*(start 2 hours before, finish 1 hour before your appointment).*
- **Do not empty your bladder.**
- Eat and take medications as usual.
- Catheters must be clamped before drinking.

### Pregnancy Ultrasound

- **Full bladder required** (same drinking instructions above).
- **Do not empty your bladder.**
- Eat and take medications as usual.
- One adult allowed in the scan room.

### Biophysical Profile (BPP)

- Drink sweetened juice or soda **within 30 minutes** of your exam.
- Eat and take medications as usual.

### All Other Ultrasounds

- No preparation required.
- Eat, drink, and take medications as usual.