

Please note your appointment date, time and **site**:

Please arrive 15 minutes prior to your appointment to register. If you are late, your appointment may be rebooked. Do not call our department for an appointment. Your healthcare provider has faxed us your requisition and we will be contacting you to book your appointment.

If you do not follow the preparation instructions (below), your appointment may be rebooked.

DO call us to provide 24 hours notice for appointment changes or cancellations.

Smiths Falls Site: 613-283-2330 ext. 1409

Great War Memorial Site: 613-283-2330 ext. 1409

Do not wear scented products on the day of your exam.

For safety reasons, young children will not be permitted in the room during your examination.

Abdomen:

- Do not eat, chew gum or smoke for 6 hours prior to your exam. If you are diabetic, you can have sips of juice (if needed).
- You may take your medications with a few sips of plain water.

Pelvis:

- Your bladder must be full for the exam. **DO NOT EMPTY YOUR BLADDER.**
- To ensure that you are ready for your appointment, please:
 - Drink one litre (4 ½ cups) of plain water.
 - Start drinking 1 ½ hrs before your appointment.
 - Finish drinking at least 1 hr before your appointment.
 - *Example: if your appointment is at 10:30 a.m., start drinking water at 9 a.m. and finish by 9:30 a.m.*
- If you have a catheter, it must be clamped off before you start to drink.
- You may eat and take your medications.

Abdomen & Pelvis:

- Do not eat, chew gum or smoke for 6 hours prior to your exam. If you are diabetic, you can have sips of juice (if needed).
- To ensure that you are ready for your appointment, please:
 - Drink one litre (4 ½ cups) of plain water.
 - Start drinking 1 ½ hrs before your appointment.
 - Finish drinking at least 1 hr before your appointment.
 - *Example: if your appointment is at 10:30 a.m., start drinking water at 9 a.m. and finish by 9:30 a.m.*
- **DO NOT EMPTY YOUR BLADDER.**
- If you have a catheter, it must be clamped off before you start to drink.
- You may take your medications with plain water.

1st Trimester Pregnancy:

- Only one adult family member allowed in scan room, young children will not be permitted in the room during your examination.
- To ensure that you are ready for your appointment, please:
 - Drink one litre (4 ½ cups) of plain water or other clear, non-carbonated drinks.
 - Start drinking 1 ½ hrs before your appointment.
 - Finish drinking at least 1 hr before your appointment.
 - *Example: if your appointment is at 10:30 a.m., start drinking water at 9 a.m. and finish by 9:30 a.m.*
- **DO NOT EMPTY YOUR BLADDER.**
- If you have a catheter, it must be clamped off before you start to drink.
- You may eat and take your medications with plain water.

2nd or 3rd Trimester Pregnancy:

- Only one adult family member allowed in scan room, young children will not be permitted in the room during youreexamination.
- The sonographer is NOT able to reveal the gender of your baby to you at your ultrasound appointment. If the gender is seen during your ultrasound, the gender will be included in the report (if requested). You will need to follow-up with your health care provider to be told the gender.
- To ensure that you are ready for your appointment, please:
 - Drink one litre (4 ½ cups) of plain water or other clear, non-carbonated drinks.
 - Start drinking 1 ½ hrs before your appointment.
 - Finish drinking at least 1 hr before your appointment.
 - *Example: if your appointment is at 10:30 a.m., start drinking water at 9 a.m. and finish by 9:30 a.m.*
- Your bladder must be full for the exam. DO NOT EMPTY YOUR BLADDER.
- If you have a catheter, it must be clamped off before you start to drink.
- You may eat and take your medications with plain water.

Biophysical Profile:

- Only one adult family member allowed in scan room, young children will not be permitted in the room during youreexamination.
- Within 30 minutes of your exam, drink sweetened juice or soda.
- You may eat and take your medications with plain water.

Any Other Ultrasound Studies:

- No preparation is required. You may eat, drink and take medications.

January 2026