

Exam prep

ECHOCARDIOGRAPHY -For a resting echocardiogram no special preparation is necessary. Clothing from the upper body is removed and covered by a gown or sheet to keep you comfortable and maintain the privacy of females.

STRESS TEST - You should wear comfortable workout clothing and gym shoes. It is suggested for females to wear a non-wired or sports bra. Please refrain from eating for 4-6 hours prior to appointment. Blood pressure medicine is to be suspended the same day, but please bring it with you. You will be requested to take it after the test.

VASCULAR ULTRASOUND -Carotid, Venous, Arterial, and Aortic Doppler
You should wear comfortable, loose-fitting clothing for your ultrasound exam. You will need to remove all clothing and jewelry in the area to be examined. Loose fitting shorts are suggested when examining the legs. No other preparation is required.

GENERAL ULTRASOUND -No prep for thyroid ultrasound

Abdominal and Renal ultrasound-Eat a fat-free meal on the evening before the test and then to avoid eating for 5 to 8 hours before the test.

Pelvic and bladder ultrasound-Drink four to six glasses of liquid about an hour before the test to fill your bladder.

How are the procedures performed?

For most ultrasound exams, the patient is positioned lying face-up on an examination table that can be tilted or moved. Stress tests will require walking on a treadmill or IV insertion for medically induced exercise. A clear gel is applied to the area of the body being studied to help the transducer make secure contact with the body and eliminate air pockets between the transducer and the skin. The sonographer (ultrasound technologist) then presses the transducer firmly against the skin and sweeps it back and forth over the area of interest. Doppler sonography is performed using the same transducer. When the examination is complete, the patient may be asked to dress and wait while the ultrasound images are reviewed. However, the sonographer is often able to review the ultrasound images in real-time as they are acquired and the patient can be released immediately. This ultrasound examination is usually completed within 30 minutes

Who interprets the results and how do I get them?

A physician specifically trained to supervise and interpret ultrasound examinations, will analyze the images and send a signed report to your primary care or referring physician, who will share the results with you. In some cases your physician may need to discuss some preliminary results with you at the conclusion of your examination.

What sets us apart?

- ❖ Commitment to providing comfortable and convenient patient care in your Doctor's office
- ❖ Reliable and experienced Registered Technologists
- ❖ Hospital grade equipment
- ❖ Digital image and report storage
- ❖ Final reports available in 24 to 48 hours and reviewed by your physician during your next scheduled office visit.

Appointment

❖ *Date* _____

❖ *Time* _____

❖ *Exam* _____

- ❖ Please arrive 10-15 minutes before your scheduled time. The technologist will be with you as soon as possible.