

## Ultrasound Fasting Preparations

1. Please avoid all fatty foods, gassy drinks and dairy products the day before your appointment.
2. You must not have anything to eat or drink after 10pm the night before your appointment.
3. Please also avoid chewing gum and smoking on the day of your appointment.
4. You may take your medication with a small amount water on the morning of your test.
5. Avoid all foods you know cause gas in your abdomen. If you are aware that you have excess gas in your abdomen, a 20-30 Minute walk prior to your examination can also assist in minimising gas from your abdomen.

If you are **Diabetic** on **Insulin**. You can have a light breakfast at 6am on the morning for the appointment. Avoiding all of the previously listed foods. You must then fast until your test is completed.

### **Renal Artery Fasting Instructions:**

Follow Steps 1 to 5 and,

Drink 1 to 2 litres of water the day before your test.

The day of test at least 2 glasses of water before test. You may go to the toilet.

### **Pelvic Vein Fasting Instructions:**

Follow Steps 1 to 5 and,

Drink 1-2 glasses of water before the appointment

Any questions please call the rooms on **02 4243 8050**.