



PATIENT PREPARATION GUIDE

Alpha Vascular & Ultrasound Center
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Fasting Required (6–8 hours)

Complete Abdominal Ultrasound	Nothing to eat or drink for 6–8 hours. Take essential medications with small sips of water.
RUQ / Gallbladder Ultrasound	Fast 6–8 hours.
Liver Ultrasound	Fasting preferred for 6–8 hours.
Abdominal Aorta Ultrasound	Fast 6–8 hours.
Renal Artery Ultrasound	Fast 6–8 hours.
Mesenteric Ultrasound	Fast 8 hours.

Full Bladder Required

Kidney & Bladder with PVR	Arrive with a comfortably full bladder. Do not urinate until instructed.
Urinary Bladder Ultrasound	Drink water beforehand and arrive with a full bladder.
Pelvic Ultrasound (Transabdominal)	Drink approximately 32 oz (1 liter) of water one hour before the exam and do not empty your bladder.

No Special Preparation

Carotid Duplex	No preparation.
ABI / TBI	No preparation.
Lower & Upper Extremity Arterial Duplex	No preparation.
Lower & Upper Extremity Venous DVT	No preparation.
Venous Reflux	Wear loose shorts if possible.
Dialysis Access / Vein Mapping	No preparation.

Pseudoaneurysm / Bypass / Stent Surveillance	No preparation unless instructed.
Thoracic Outlet / Raynaud Evaluation	Avoid caffeine and nicotine before the exam when feasible.
Kidney Ultrasound	Hydration encouraged.
Scrotal Ultrasound	No preparation.
Thyroid Ultrasound	Remove necklaces if possible.
Soft Tissue Ultrasound	No preparation.
Foreign Body Ultrasound	No preparation.
Knee / Baker's Cyst	No preparation.
Plantar Fascia Ultrasound	Wear clothing that allows access to the foot.
Wrist / Shoulder / Muscle-Tendon	Wear clothing that exposes the area to be examined.

Please arrive 15 minutes before your appointment with your photo ID, insurance card, and physician referral (if applicable).