



# The Center for Women

## Obstetrics & Gynecology

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### Ultrasound Instructions

1 to 1½ hours prior to your appointment time empty your bladder, and then begin drinking 32 ounces of fluid (water is best). Do not gulp fluids; you may take up to one hour to finish drinking. Once you have started drinking, **DO NOT** empty your bladder until the ultrasound technician instructs you to do so. It is very important for your bladder to be full for your ultrasound as it enhances visibility of the pelvic structures.

If bladder fullness becomes extremely uncomfortable, you may relieve some pressure by counting to 10 then stop the flow. This will leave enough fluid in your bladder for us to proceed with your test. If you empty completely, we will have to reschedule your appointment.

If you are **34 weeks or later** in your pregnancy, you will need to pay a **\$50.00** payment before you go back for your ultrasound. If you have insurance, we will file your insurance but the majority of insurance companies do not cover more than one ultrasound per pregnancy. If your insurance pays, then any overage will be refunded to you once all your charges are processed with your insurance company.

If you have Qual-Choice, please remind our nurses so they can pre-authorize your ultrasound so they will cover the cost or at least part of the cost for you.

In our effort to make this a pleasant experience for all of our patients, we ask you to please be on time for your appointment.

**Ultrasound Appointment Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_