

Date: _____ Time: _____

ABDOMINAL ULTRASOUND / RENAL ULTRASOUND STUDY INSTRUCTION SHEET

You will need to buy a package of anti-gas tablets such as Gas-X and take them as instructed below. Continue to take your other medications as you normally would. If you are diabetic, please follow the diet listed below but eat enough to maintain normal blood sugars levels.

Do Not Consume Any Of The Following:

- Caffeinated or decaffeinated beverages such as tea and coffee.
- Carbonated or alcoholic beverages including soft drinks, beer, sparkling wines, etc.
- Dairy or other foods, which might produce gas such as corn, beans, coleslaw, etc.

The Day Prior To Your Exam, Eat Only The Following:

Breakfast

- Clear Juice (without pulp)
- Toast without butter (jelly without seeds is acceptable)
- 1 Anti-Gas Tablet (for example Gas-X)

Lunch

- 1 cup light soup (Chicken or beef broth, chicken noodle, bouillon soup with crackers. Vegetable soup should **not** be consumed)
- 1 chicken or turkey white meat sandwich (no butter, mayonnaise, lettuce, etc.)
- ½ glass clear apple or clear grape juice
- 1 cup plain Jell-O without fruit
- 1 full (12 ounce) glass or more of water
- 1 anti-gas tablet (for example Gas-X)

2:00 p.m.

- One full (12 ounce) glass or more of water

4:00 p.m.

- One full (12 ounce) glass or more of water

Dinner

- 1 cup light soup (Chicken or beef broth, chicken noodle, bouillon soup with crackers. Vegetable soup should **not** be consumed)
- 1 cup plain Jell-O without fruit
- 1 glass clear apple or clear grape juice
- 1 anti-gas tablet (for example Gas-X)

7:00 p.m.

- One full (12 ounce) glass or more of water

On The Day Of Your Exam, Do The Following:

6:00 a.m.

- Drink water or clear juice
- Take one anti-gas tablet (for example Gas-X)
- **Do Not Eat Solid Food Until After Your Test**

Please call 24 hours in advance if you need to reschedule your appointment.

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