

**TYPES OF SONOGRAPHY AND REQUIRED PREPARATION:**

<i>TYPE OF ULTRASOUND</i>	<i>PREPARATION BEFORE THE EXAM</i>
Upper abdomen: Liver, gallbladder, pancreas, spleen, kidneys and aorta	Do not eat or drink for 6 hours prior to the exam
Lower abdomen female: Bladder, uterus and ovaries	Drink 4-6 glasses of water 60 to 90 minutes prior to the exam to fill the bladder, full bladder is required at the moment of the exam
Lower abdomen male: Bladder, prostate and seminal vesicles	Drink 4-6 glasses of water 60 to 90 minutes prior to the exam to fill the bladder, full bladder is required at the moment of the exam
Breasts and axilla Soft tissue:	Avoid using powder prior to the exam
Inguinal, umbilical, thyroid, neck, scrotum	No preparation is required
Pregnancy	Before 12 weeks, full bladder is required during the exam: drink 4-6 glasses of water 1 hour prior. After 12 weeks no preparation is required
Newborn brain	No preparation is required
Musculoskeletal: All joints, muscles and tendons	No preparation is required
Vascular ultrasound: arterial and venous Doppler	No preparation is required, only a good hygiene before the exam