

## **Pelvic Ultrasound Preparation**

Ultrasound of the pelvis uses the full bladder as a “window” to see into the pelvis.

- You must finish 5 glasses of water (40 ounces or 1 ¼ litres or 5 cups) at least 1 ½ hours prior to the procedure
- Your bladder must be full. Do not empty your bladder
- Do not wear a tampon for a female pelvic ultrasound
- There are no eating restrictions for the examination. It is best to continue eating your regular meals. In warm weather or if you are physically active, keep well hydrated during the day before and the day of your examination