



BRISTOL BAY AREA HEALTH CORPORATION  
MEDICAL IMAGING SERVICES  
DILLINGHAM ALASKA 99576

**OB ULTRASOUND PATIENT PREP INSTRUCTIONS**

PATIENT NAME \_\_\_\_\_

APPOINTMENT DATE \_\_\_\_\_ TIME \_\_\_\_\_

**WHAT TO DO**

1. Begin drinking 60 ounces of water and complete this an hour before scheduled exam time, no flavored drinks, juice etc. Take only 30 minutes or less to drink the entire water.
2. Do not empty your bladder until instructed to by the technologist.

A full bladder is needed to image the lower uterus, especially the birth canal. If you are unable to avoid emptying your bladder, please let one of the Imaging Service staff members know so you can be rescheduled.

You may call your provider or the outpatient department if you have questions about your study. For questions about the patient prep, please call the Medical Imaging Services department at:

**(907) 842-5201 ext. 6365 or (907) 842 9365**