

Pediatric Urology Associates, Ltd.

& Pediatric Enuresis Center of Arizona

Ultrasound Prep Instructions

On the day of your child's ultrasound, please follow the instructions appropriate for your child's age group. Give **water or juice** as follows:

- ✓ **0 to 2 year** – Feed 30 minutes before the scheduled exam time.
- ✓ **3 year to 4 years** – 16 ounces (2 full glasses), 30 minutes before the scheduled exam time.
- ✓ **5 years to 9 years** - 24 ounces (3 full glasses), 30 minutes before the scheduled exam time.
- ✓ **10 years to 18 years** - 32 ounces (4 full glasses), 30 minutes before the scheduled exam time.

VERY IMPORTANT: Children who are not in diapers **should not urinate** prior to the ultrasound. Full bladders produce better images for your doctor!

If parents have any questions, they can call the office at (602) 279-1697

Ultrasound with Uroflow Prep Instructions

Please plan on arriving 30 minutes prior to your **ACTUAL** scheduled **ULTRASOUND** appointment time (parking can be problematic, so please allow extra time for this as well).

- ✓ **1 year to 3 years:** 30 minutes *prior* to your arrival time, drink 4-6 oz. Then, upon arrival, drink an additional 4-6 oz.
- ✓ **3 years to 6 years:** 30 minutes *prior* to your arrival time, drink 16 oz. (2 full glasses). Then upon arrival at our office, drink an additional 8-12 oz.
- ✓ **6 years to 12 years:** 30 minutes *prior* to your arrival time, drink 24 oz. (3 full glasses). Then upon arrival at our office, drink an additional 12-16 oz.
- ✓ **12 years to 18 years:** 30 minutes *prior* to your arrival time, drink 32 oz. (4 full glasses). Then upon arrival at our office, drink an additional 16-18 oz.

Do not let your child use the restroom before the ultrasound testing is done. Your child needs to be “dancing” and really needing to use the bathroom. When you feel your child is ready, notify the front office staff and they will tell the technologist

Important Notes

Please let your child know that this testing is pain free! There are no needles or shots involved!

Your doctor will visit with you after the test(s) to discuss the results.