



Abdominal Ultrasound Instructions

What is an abdominal ultrasound?

An ultrasound is a painless exam that uses sound waves (with no radiation) to create images of the body. A sonogram is the image produced by the ultrasound. An abdominal ultrasound is a study of the liver, gallbladder, spleen, pancreas, kidneys and bladder.

What happens during an abdominal ultrasound?

- A child life specialist may be available to help prepare, distract and support your child. Child life specialists help ease fears and anxieties that some children have during their hospital visits.
- A parent or guardian can stay with their child during the exam.
- Your child will lie on a soft table.
- The ultrasonographer will put a warm gel on your child's skin. He or she will rub a wand over the body.
- These pictures are visible on the ultrasound monitor.
- This procedure may take 45 to 60 minutes.

How do you prepare for an abdominal ultrasound?

Follow the directions below regarding food and drink before the ultrasound:

- **Newborns to 12 months:** Stop all milk and solid food three hours before the procedure. Give your baby all scheduled medicines at the regular times unless the doctor or nurse tells you differently.
- **13 months to 35 months:** Stop all milk and solid food six hours before the procedure. Give your toddler all scheduled medicines at the regular times unless the doctor or nurse tells you differently.
- **36 months to 18 years:** No milk, drinks or solid food for eight hours before the procedure. Give your child all scheduled medicines at the regular times unless the doctor or nurse tells you differently.

If your child is ill (fever, cough, flu, etc.), please cancel or reschedule your child's appointment. If you have any questions or concerns about this procedure, please call: Dallas 214-559-8572
Frisco 469-515-7190