

South Shore

OBSTETRICS & GYNECOLOGY

Women's Health Care

OB ULTRASOUND INSTRUCTIONS

A full bladder provides an acoustic window that allows better viewing of your baby during your ultrasound exam. To make your exam as informative as possible, please do the following:

1. Very Important! Empty bladder before drinking water.
2. Drink three (3) 8 ounce glasses of water 30 minutes before the exam (no milk).
3. Do not use the bathroom again until after your ultrasound exam is completed.
4. If you wear a navel ring, it will need to be removed before your 20-22 week ultrasound.

Your ultrasound will be performed by a Registered Sonographer. She will be obtaining multiple measurements to evaluate your baby's growth and development. She will gladly point out certain areas of interest for you such as your baby's face, sex, etc. Specific questions regarding your baby and/or pregnancy will be addressed by your care provider who will discuss your ultrasound at the end of the sonographer's exam.

Dads, big brothers and sisters or parents are welcome at the visit. When deciding if this is appropriate for big brothers or sisters, keep in mind this appointment lasts 45 minutes. You will also receive a few pictures for your baby book.

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