

Aorta Ultrasound Preparation

The purpose of these recommendations is to help ensure that you get the best quality exam possible.

Eating, drinking coffee or carbonated beverages, chewing gum and smoking can cause bowel gas to build up. Bowel gas inhibits the ultrasounds ability to visualize your organs and blood vessels. This results in a less accurate test.

No food after midnight

No fluids other than water after midnight (including coffee!!) Brushing your teeth is okay.

Avoid gas producing foods such as beans, cabbage, etc. for 2 to 3 days prior to the exam.

Avoid chewing gum or smoking the morning of your exam.

If you can tolerate your medications on an empty stomach, you can take them.

If you are diabetic, and are prone to insulin reactions, either hold your insulin or bring something to eat or drink after your exam.