



ULTRASOUND | HÔTEL-DIEU DE SHERBROOKE, FLEURIMONT HOSPITAL, CENTRE DE SANTÉ ET DE SERVICES SOCIAUX DE MEMPHRÉMAGOG, AND CENTRE DE SANTÉ ET DE SERVICES SOCIAUX DU GRANIT

Your physician has ordered an ultrasound. An ultrasound consists of imaging the blood vessels and anatomical structures (upper or lower limbs, kidneys, bladder, liver, testicles, neck, abdomen, etc.) of the body, excluding the heart. General ultrasound using a Doppler probe allows for examining blood flow to locate clots or stenosis (narrowing) in the various blood vessels.

ABOUT THE EXAM

- These examinations are by appointment only.
- They cause no pain and pose no risk to your health.
- The examination duration varies depending on the anatomical region observed.

PREPARING FOR THE EXAM

ABDOMINAL ULTRASOUND:

ADULTS:

- Fast eight (8) hours before the examination (water permitted only for taking medication);
- Prohibited: Beverages, chewing gum, and cigarettes.

CHILDREN AGED 12 AND OVER:

- Fast eight (8) hours before the examination (water permitted);
- Bring a juice or light drink to be given to your child during the examination.

CHILDREN AGED 0 TO 11:

Fast eight (8) hours before the examination (water permitted).

ABDOMINAL AND/OR PELVIC ULTRASOUND:

ADULTS AND CHILDREN AGED 12 AND OVER:

- Fast eight (8) hours before the examination (water permitted only for taking medication);
- Prohibited: Beverages, chewing gum, and cigarettes;
- You must have a full bladder for the examination. Instructions for women:
 - You must have consumed 750 ml of water (24 oz.) one hour prior to the examination and you must refrain from urinating during the remaining hour, up until the examination is done (e.g. if your exam is scheduled for 11 a.m., you must have finished drinking the required amount of water by 10 a.m.).

Instructions for males:

- You must have consumed 500 ml of water (16 oz.) one hour before the examination and you must refrain from urinating during this hour, up until the examination is done (e.g. if your exam is scheduled for 11 a.m., you must have finished drinking the required amount of water by 10 a.m.).

CHILDREN AGED 2 TO 11:

- Fast eight (8) hours before the examination to the extent possible (water permitted);
- The child must refrain from urinating for one hour before the examination; please notify the technologist if this is not the case.

CHILDREN AGED 0 TO 2:

No preparation necessary.

PELVIC ULTRASOUND (UTERUS):

ADULTS AND CHILDREN AGED 12 AND OVER:

- You must have a full bladder for the examination. Instructions for women:
 - You must have consumed 750 ml of water (24 oz.) one hour prior to the examination and you must refrain from urinating during the remaining hour, up until the examination is done (e.g. if your exam is scheduled for 11 a.m., you must have finished drinking the required amount of water by 10 a.m.).

Instructions for males:

- You must have consumed 500 ml of water (16 oz.) one hour before the examination and you must refrain from urinating during this hour, up until the examination is done (e.g. if your exam is scheduled for 11 a.m., you must have finished drinking the required amount of water by 10 a.m.).

CHILDREN AGED 2 TO 11:

The child must have consumed a glass of water one hour prior to the examination. Please notify the technologist if this is not the case.

CHILDREN AGED 0 TO 2:

No preparation necessary.

OTHER TYPES OF ULTRASOUND:

No preparation necessary.

DOPPLER ULTRASOUND:

No preparation necessary.

BREAST ULTRASOUND:

Please refer to the Mammography information sheet.

ON THE DAY OF THE EXAM

- Please schedule one hour for your examination.
- You must wear a hospital gown. You will be asked to lie down on the ultrasound stretcher.
- The technologist will spread a gel over the examination area to ensure the ultrasound is effectively transmitted. The technologist will also take images and measurements by moving the probe.
- You may ask them questions at any time during the examination.

BRING THE FOLLOWING TO THE EXAM

- Your valid health insurance card (otherwise you must pay for the examination).
- Your valid hospital card (if needed, go to the admission department to obtain one before your appointment).
- A list of your medications may be requested.
- A bag for any personal belongings. Avoid bringing any valuables or jewelry (the hospital is not responsible for any lost or stolen goods)

CANCELLING OR POSTPONING YOUR APPOINTMENT

To cancel or reschedule an appointment, please use the contact details provided in the checklist below.

QUESTIONS?



<https://www.santeestrie.qc.ca/en/care-services/services-specialises/imaging-nuclear-medecine>



Info-Santé 811

or

Refer to your prescriber

CHECKLIST

Exam date : _____

Hôtel-Dieu de Sherbrooke

580, rue Bowen Sud Sherbrooke
(Québec) J1G 2E8
Access by door 25 (rue Murray), reception of room
6, 2nd floor, room 2448. To cancel or reschedule
your examination: 819-346-1110, ext. 13600

Hôpital Fleurimont

3001, 12^e Avenue Nord Sherbrooke (Québec) J1H 5N4
Access by the main door, 3rd floor, reception for
radiology.
To cancel or reschedule your examination:
819-346-1110, ext. 13600

Centre de santé et de services sociaux de Memphrémagog

50, rue Saint-Patrice Est Magog (Québec) J1X 3X3
Reception for radiology on ground floor. To cancel
or reschedule your examination:
819-843-2572, ext. 2122

Centre de santé et de services sociaux du Granit

3569, rue Laval
Lac-Mégantic (Québec) G6B 1A5
Réception de la radiologie au rez-de-chaussée
Reception for radiology on ground floor.
To cancel or reschedule your examination:
819-583-0330, ext. 37358

Author

Medical imagery client program team

Editing and layout

Communications Department

Direction des ressources humaines, des communications et des affaires juridiques
© Centre intégré universitaire de santé et de services sociaux de l'Estrie-Centre
hospitalier universitaire de Sherbrooke, 2023

[Santeestrie.qc.ca](https://www.santeestrie.qc.ca)

July 2023 – 4-6-11880 (French version) | 4-6-11881 (English version)