



Pelvic Ultrasound Scan

Patient Advice and Information



london medical

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Before Your Scan

Please make sure you finish drinking two pints of fluid (avoid alcohol and fizzy drinks) approx 45-60mins before your appointment time. Do not empty your bladder before the test.

Dietary Requirements

These dietary instructions should be followed as much as possible for 2-3 days (prior to the scan appt), to help reduce the amount of gas in your bowels and thus allow a clearer view of the pelvic area.

Foods to EAT (low in fibre): Lean meat, white rice, white pasta, very well cooked vegetables, white fish, eggs, clear soup, cheese, white bread, cream crackers, cornflakes, milk, butter, margarine, honey, jam, marmalade, tea, coffee and fruit juice.

Foods to AVOID (high in fibre): Bran, cereals, raw vegetables (especially peas, beans, spinach, cabbage, broccoli, sprouts, sweetcorn, onions and pulses), spicy foods, nuts, fizzy drinks, alcohol (for 24 hours before the scan) and food which you know will cause you to have wind.

About the scan

An ultrasound scan uses high frequency sound waves; it is not painful and will take up to 20 minutes. Scans can be done through the vagina or through the bladder. If done by looking through the bladder you will need to drink water an hour before the test to get a full bladder. If your bladder is not full it may mean deferring your appointment, however, in some cases, if it is acceptable, a vaginal approach is recommended. After the scan you can empty your bladder and resume your normal diet.