

How do I get ready for an ultrasound?

Abdominal:

- Do not eat or drink anything after midnight on the night before your test.

Pelvic:

- You need to have a full bladder. When you are called into the Clinic from the waiting room, drink 1 L (32 oz) of water. **Do not go to the bathroom until after your test.**
- You will go back to the waiting area after your test until the report is done and the doctor has looked at the results.

Other ultrasounds (breasts, arms, or legs):

- You do not need to do anything to get ready for this scan.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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Medical Surgical Day Clinic (MSDC)

Cobequid Community Health Centre

Please arrive 15 minutes before your appointment time unless your appointment is at 7 a.m.

- › If your appointment is at 7 a.m., you will be able to register at 7 a.m. (when registration opens).

Appointment date: _____ time: _____

Appointment date: _____ time: _____

Appointment date: _____ time: _____

Appointment date: _____ time: _____

Appointment date: _____ time: _____

Medical Surgical Day Clinic

- Register at the kiosks beside central registration. You **do not** need to take a number from the machine.
- After you are registered, proceed toward the Blood Collection area, turn right between the blue and yellow chairs. The Clinic is at the end of the hall on right.

If you need to cancel or reschedule your appointment:

> Phone: 902-869-6510

- For ultrasounds, we **will call you on the morning of your test** to tell you what time to come in.
- For CT scans, please arrive at 8:45 a.m. on the day of your appointment.

What is the Medical Surgical Day Clinic?

- The MSDC sees patients who need follow-up care after a visit to the Emergency Department.
- **Your visit may include:**
 - > An X-ray
 - > A CT scan
 - > An ultrasound
 - > Wound checks or dressing changes
 - > Cast checks or changes
 - > I.V. medications
 - > Follow-up or repeat blood test

- We try to see patients as close to their appointment times as possible. Sometimes we run behind.
- Please plan to spend the morning at the Clinic. It is a good idea to bring something like a book or magazine to help pass the time.

What can I expect during my visit?

CT scan or ultrasound

- Staff will take you to the X-ray Department for your scan.
- After your scan, you will be called into the Clinic and a doctor will talk to you about your test results.

Follow-up without an X-ray or scan

- After you have registered, have a seat in the Clinic waiting area after you have registered.
- Your name will be called when we are ready for you in the Clinic.

How do I get ready for a CT scan?

Abdominal (stomach area):

- You were given a bottle of contrast (X-ray dye) to drink before the test with instructions on how and when to drink it. Follow these instructions.
 - > **Do not eat or drink anything after midnight on the night before your test.**

Other CT scans (like head, chest, kidney):

- You do not need to do anything to get ready.