

VITACORP

# WALK-IN X-RAY & ULTRASOUND

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ISLINGTON STATION

## Patient Preparation Instructions

**Address: 1243 Islington Ave. Suite 603 6th Floor, Etobicoke, ON M8X 1Y9**  
**Directly Across from Islington TTC Subway Station (next to Lifelabs in medical building)**

**Questions / Concerns - please call [416-762-3818](tel:416-762-3818) or email [Vitacorp1243@gmail.com](mailto:Vitacorp1243@gmail.com)**  
**[Find us on Google](#)**

**Please note that if you are unable to make it to your scheduled appointment, please call / email us to cancel / modify AT LEAST 24 hours in advance to avoid cancellation fees.**

**Please bring your doctor's requisition and valid Ontario health card to your appointment.**

### **Abdominal Ultrasound**

Nothing to eat or drink after midnight. Do not chew gum or drink coffee/tea the morning of the study.

Children under 10 years old - nothing to eat or drink 4 hours before the test.

### **Abdominal And Pelvic Ultrasound (combined)**

Nothing to eat after midnight. Do not chew gum or drink coffee/tea the morning of the study.

Drink 4 large glasses of water (1 litre) to be finished one (1) hour before the examination.

**DO NOT EMPTY YOUR BLADDER.**

### **Pelvic Ultrasound Male and Female**

Drink 4 large glasses of water (1 litre) to be finished one (1) hour before the examination.

**DO NOT EMPTY YOUR BLADDER.**

\* A female pelvic exam may require a transvaginal study for optimum diagnostic results.

### **Male Pelvic and transrectal Ultrasound**

Fasting 8 hours, take a laxative the night before and drink 4 large glasses of water (1 litre) to be finished one (1) hour before the examination.

**DO NOT EMPTY YOUR BLADDER.**

### **Kidney and bladder (KUB) Ultrasound**

Fasting for 8 hours and drink 4 large glasses of water (1 litre) to be finished one (1) hour before the examination.

**DO NOT EMPTY YOUR BLADDER.**

### **Obstetrical Ultrasound Or IPS Ultrasound**

Dating 6-13 weeks: Drink 4 large glasses of water (1 litre) to be finished one (1) hour before the examination.

**DO NOT EMPTY YOUR BLADDER.**

\* A female pelvic exam may require a transvaginal study for optimum diagnostic results.

Pregnancy 18-21 weeks: Drink 2 large glasses of water (1 litre) to be finished one (1) hour before the examination. **DO NOT EMPTY YOUR BLADDER.**

\* A female pelvic exam may require a transvaginal study for optimum diagnostic results.

### **Thyroid, Scrotum, Breast Ultrasound**

No preparation.

### **Small Parts (extremity) Ultrasound**

No preparation.

### **Musculoskeletal (MSK) Ultrasound**

No preparation.