



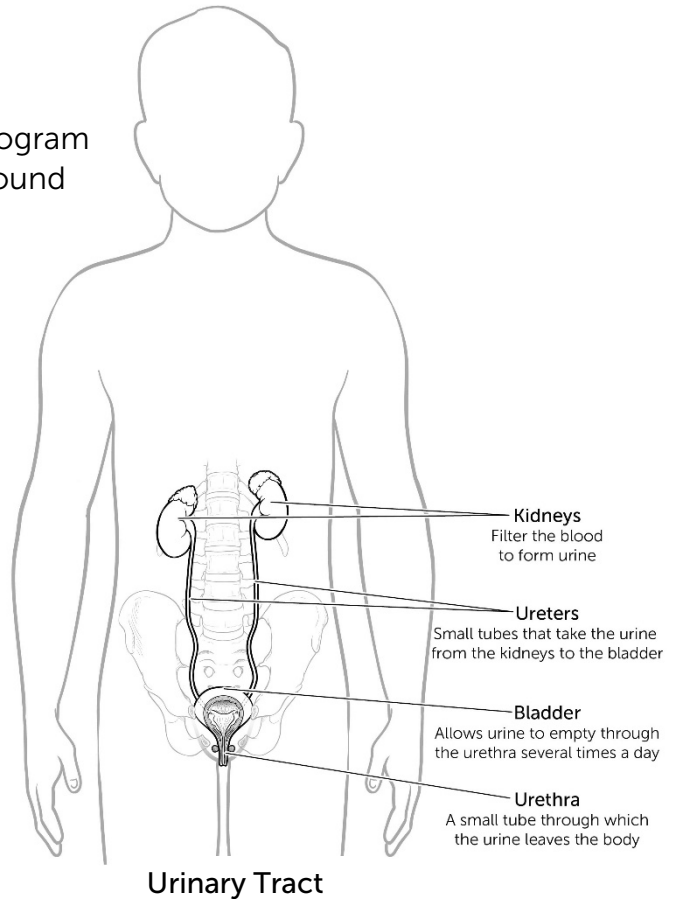
Renal Ultrasound Instructions

What is a renal ultrasound?

An ultrasound is a painless exam that uses sound waves (with no radiation) to create images of the body. A sonogram is the image produced by the ultrasound. A renal ultrasound is a study of the kidneys and the bladder.

What happens during a renal ultrasound?

- A child life specialist may be available to help prepare, distract and support your child. Child life specialists help ease fears and anxieties that some children have during their hospital visits.
- A parent or guardian can stay with their child during the exam.
- Your child will lie on a soft table.
- The ultrasonographer will put warm gel on your child's skin.
- He or she will rub a wand over the body to see the kidneys and bladder.
- You may be able to see images on a monitor.
- This exam may take 30 to 45 minutes.



How do you prepare for a renal ultrasound?

- Your child may eat and drink as usual before the ultrasound.
- Give all medicine at the regular time unless the doctor or nurse tells you differently.
- Since the bladder must be somewhat full to see the best images, it is important for your child to have some liquid in the bladder during the exam.
- Your child should drink liquid one to two hours before the exam and try not to go to the bathroom or cath before the exam.

Follow the directions below regarding food and drink before the ultrasound:

- **Babies and Toddlers:** Give four to eight ounces of water, milk or juice one hour before the ultrasound. After your child drinks, do not cath until the ultrasound is completed.
- **Children ages 4 to 10:** Give one to two glasses of water, milk or juice (8 to 16 ounces) one hour before the ultrasound. After your child drinks, do not allow him or her to go to the bathroom, if possible. Do not cath until the ultrasound is completed.



- **Children ages 11 to 18:** Give three to four glasses of water, milk or juice (24 to 36 ounces) one hour before the ultrasound. After your child drinks, do not allow him or her to go to the bathroom, if possible. Do not cath until the ultrasound is completed.

If your child is ill (fever, cough, flu, etc.), please cancel or reschedule your child's appointment. If you have any questions or concerns about this procedure, please call: Dallas 214-559-8572
Frisco 469-515-7190