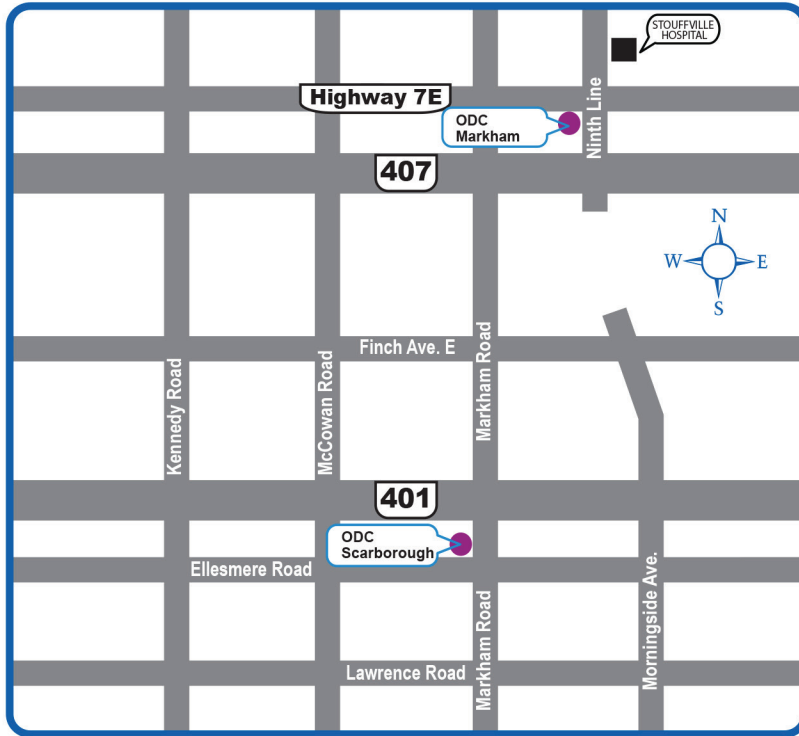


Cancellation should be made 24 hours before appointment.



**ODC-MARKHAM**

Ashgrove Medical Centre  
**6633 HWY 7E, Suite 005,**  
**Markham, L3P 7P2**  
**905-294-4880**  
 Fax: 905-472-6629

**ODC-SCARBOROUGH**

**1200 MARKHAM ROAD, Suite 112,**  
**Scarborough, M1H 3C3**  
**416-439-4866**  
 Fax: 416-439-5776

**CLINIC HOURS**

Mon-Thurs: 8:00 AM to 5:30 PM  
 Friday: 8:00 AM to 4:30 PM  
 Saturday: 8:00 AM to 3:00 PM

**FREE PARKING**

**ULTRASOUND PREPARATIONS**

**ABDOMEN ULTRASOUND**

- EAT A FAT FREE DINNER THE NIGHT BEFORE YOUR APPOINTMENT
- NO DAIRY PRODUCTS OR FRIED FOODS
- NO CARBONATED DRINKS 12 HOURS BEFORE YOUR APPOINTMENT
- NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE
- DO NOT EAT BREAKFAST

**PELVIS ULTRASOUND (ALL TYPES)**

- DRINK 4-5 GLASSES OF WATER OR CLEAR FLUID (WATER, JUICE, BLACK COFFEE OR BLACK TEA) **TO BE FINISH ONE HOUR BEFORE** YOUR APPOINTMENT TIME.
- DO NOT VOID – A FULL BLADDER IS NECESSARY FOR THE EXAMINATION
- NO FASTING NECESSARY

**ABDOMEN AND PELVIS ULTRASOUND TOGETHER**

- EAT A FAT FREE DINNER THE NIGHT BEFORE YOUR APPOINTMENT
- NO DAIRY PRODUCTS OR FRIED FOODS
- NOTHING TO EAT AFTER MIDNIGHT THE NIGHT BEFORE
- DRINK 4-5 GLASSES OF WATER **TO BE FINISH ONE HOUR BEFORE** YOUR APPOINTMENT TIME.
- DO NOT VOID – A FULL BLADDER IS NECESSARY FOR THE EXAMINATION

**NO PREPARATION IS REQUIRED FOR FOLLOWING**

- SCROTAL/TESTICULAR ULTRASOUND
- THYROID ULTRASOUND
- MUSCULOSKELETAL ULTRASOUND (ANY TYPE)

**OBSTETRICAL ULTRASOUND**

- FOR LESS THAN 12 WEEKS DRINK 4-5 GLASSES OF WATER OR CLEAR FLUID (WATER, JUICE, BLACK COFFEE OR BLACK TEA) **TO BE FINISH ONE HOUR BEFORE** YOUR APPOINTMENT TIME. YOU MUST EAT BREAKFAST/ LUNCH.
- FOR 12-18 WEEKS/ FOR OVER 18 WEEKS DRINK 2 GLASSES (OR 1 SMALL BOTTLE) OF CLEAR FLUID (WATER, JUICE, BLACK COFFEE OR BLACK TEA) **TO BE FINISH ONE HOUR BEFORE** YOUR APPOINTMENT TIME. YOU MUST EAT BREAKFAST/ LUNCH.

**NUCHAL TRANSLUCENCY - IPS**

- DRINK 3 GLASSES OF WATER OR CLEAR FLUID (WATER, JUICE, BLACK COFFEE OR BLACK TEA) **TO BE FINISH ONE HOUR BEFORE** YOUR APPOINTMENT TIME.
- YOU MUST BRING ALL THE PAPERS FROM YOUR DOCTOR (BLOOD WORK REQUISITION, I.P.S. SCREENING PAPER, ETC.) WITH YOU FOR YOUR APPOINTMENT

**PROSTATE-TRANSRECTAL ULTRASOUND**

- PURCHASE A **FLEET ENEMA** FROM THE PHARMACY AND FOLLOW THE INSTRUCTIONS IN THE PACKAGE
- SELF ADMINISTER THE ENEMA 2 HOURS BEFORE YOUR APPOINTMENT TIME
- DRINK 4-5 GLASSES OF WATER OR CLEAR FLUID (WATER, JUICE, BLACK COFFEE OR BLACK TEA) **TO BE FINISH ONE HOUR BEFORE** YOUR APPOINTMENT TIME.
- DO NOT VOID – A FULL BLADDER IS NECESSARY FOR THE EXAMINATION

**ALL BARIUM STUDIES**

- NOTHING TO EAT OR DRINK 12 HOURS PRIOR TO THE TEST

**GENERAL INSTRUCTIONS**

1. Please advise us if you are diabetic
  2. Come to your appointment with an interpreter, if required
  3. Young children must be accompanied by an adult
- Visit our web site – [www.ontdc.com](http://www.ontdc.com) - for more information

**OHIP REQUIRES THAT YOU BRING YOUR CURRENT HEALTH CARD AND THIS REQUISITION, SIGNED BY YOUR PHYSICIAN**

