Abdomen and Renal Ultrasound Scan Preparation

If you have diabetes, it is preferable that you have an early morning appointment so please contact us so that this can be arranged. Please ensure you read the information fully.

Preparation Required Non-Diabetic Patients: Please have nothing to eat for 6 hours prior to your appointment, you may only sip water or squash. Then 1 ½ hours before your appointment time drink 1 ½ pints (850mls) of water or squash – you need to have a full bladder for this scan. Try not to empty your bladder once you have started drinking.

Preparation Required Diabetic Patients:
Follow the preparation given above and the information below.

Have a starchy bedtime snack on the night before your appointment if you are concerned you may become 'hypo'.

Do not take your morning diabetic tablets or insulin, unless you take insulin glargine (Lantus) or detemir (Levemir) in the morning, then continue as normal.

Check your blood sugar levels at least hourly. If your sugar level is less than 4 or you feel 'hypo', have a sugary, non-fizzy drink, GlucoGel or glucose tablets to correct this.

Bring a drink and some biscuits with you for after your scan.

If you have a continuous subcutaneous insulin pump you must contact your nurse contact specialist or care provider for specific advice.

The information is intended to give standard advice to insulin and non-insulin dependent diabetic patients who have been asked to fast in preparation for an ultrasound scan with GP Care. However, every patient's needs are different so if you have any doubts you are strongly advised to further seek the advice from your GP Practice or Diabetes Specialist Nurse.

Information adapted and reproduced by kind permission of the Diabetes team at North Bristol NHS Trust (First Published October 2011).

Please also read the Ultrasound Service Information Leaflet, for further information about our service and what to expect. It is important that you arrive promptly otherwise your appointment may need to be rearranged.