

“When the first baby laughed for the first time, its laugh broke into a thousand pieces, and they all went skipping about, and that was the beginning of Fairies.” J.M. Barrie

Prep. For Ultrasound Client:

For early 2-D Ultrasound around 14 to 16 weeks a full bladder is required. Over 16 wks required for gender. 18 wks and older recommended.

For 3-D/4-D Ultrasounds (26-30 weeks) it is most helpful if a client will, for three days prior to exam, drink an **EXTRA** 32 oz of water or diluted Tea, or non caffeinated and non carbonated beverages daily, *along with* their regular fluid intake.. This will create optimal hydration of the Mother’s body tissue and a healthy amniotic fluid level, which will usually lead to better imaging your of baby. If you are NOT diabetic , a small serving of a sweet snack or fruit juice , chocolate, etc, will provide energy for active fetal movement during your ultrasound. All things in moderation!

These are suggestions only, not medical advice.