

Abdominal Ultrasound Diet Plan

Ultrasound is not able to obtain images through any type of air. To reduce abdominal gas, we ask that you follow a specific diet to optimize your test results.

Two days before (only for ultrasounds on your legs)

Stop wearing compressions socks starting 2 days before your appointment. You may resume wearing them after your appointment has ended.

Day before your test you may eat:

-Raw, low-sugar fruits, such as grapes: peaches, blackberries, blueberries, cranberries, strawberries, grapefruit, cantaloupe and watermelon.

-Low- carbohydrate vegetables, such as green beans: carrots, okra, zucchini, squash, tomatoes, celery, cucumber, lettuce and spinach.

-Lean meats, such as baked chicken, pork or fish.

-Low carbohydrate grains, such as quinoa: rice and gluten-free bread

-Greek yogurt, scrambled or poached eggs, dry toast, crackers or dairy-free pudding.

NO caffeinated or fizzy drinks (coffee, soda, carbonated water, beer, etc.)

NO Dairy

NO Beans, fried foods, broccoli, cauliflower, cabbage

Take 2 Gas-X tablets with water before bedtime.

Day of your test:

NO smoking or chewing gum

NOTHING TO EAT 4 HOURS PRIOR TO YOUR TEST

PLEASE CONTINUE TO TAKE MEDICATIONS AS PRESCRIBED.

If you have any questions regarding these instructions or your medications, please ask the front desk or call us at 423-602-2750.

Thank you for your cooperation!