



## **Transabdominal and Nuchal Translucency Ultrasound Instructions**

These are instructions for people who will be having a gynecologic ultrasound on the belly (transabdominal).

This approach is also used for an Obstetric Ultrasound for Nuchal Translucency.

Please follow these steps to have a full bladder for the ultrasound.

1. Begin by emptying your bladder one hour prior to your appointment.
2. After emptying your bladder, drink 24 ounces of water within 15 minutes.
3. DO NOT URINATE until the examination is complete or instructed by a sonographer.