



Preparation for the Sonogram of the Bladder

- 1) 1 -2 hours prior to your scheduled appointment, you will need to drink 20 – 30 oz of water, juice or soda to allow enough time for your kidneys to produce adequate urine to fill your bladder.
- 2) Timing is key. You need to arrive at the office for your scheduled appointment with as full a bladder as possible (without being uncomfortable).
- 3) After you finish drinking, please do not void.

Description of Sonogram of the Bladder (Pre and Post Void)

A sonogram, ultrasound or echograms are all different names for the same test. A special “flashlight like” probe is placed on the skin after the skin has been prepared with a lubricating jelly. Painless sound waves are directed into the body and, by sonar technology, images of the internal organs are obtained as sound waves bounce back to the probe. The study is totally pain free and non-invasive, yet gives important information regarding the possible presence of stones, masses, cysts or other abnormalities. Often a flow study is also performed to assess the force, quality and pattern of the urinary stream. After the flow study, a post-void residual can be measured.

A successful and meaningful study requires a full bladder and takes 10 – 20 minutes. The sonogram test is performed in Suite P in the building next door to our main office in Princeton. Follow the sidewalk that runs between the two buildings to the door marked Suite R/P, we are to the right as you enter.