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**\*\*\*You are scheduled to have an ultrasound duplex scan on the :  
*renal arteries, or the abdominal aorta, or aorta-iliac or lower extremity w/iliac arteries***

**Date of procedure:** \_\_\_\_\_ **Time:** \_\_\_\_\_

The abdominal duplex scan is a safe, painless, noninvasive ultrasound procedure to examine the abdominal arteries. The *duplex* scan utilizes ultrasound pictures to image various structures in combination with Doppler that provides blood flow information. In order to examine the arteries that lie behind abdominal organs, scientifically engineered ultrasound waves pass deep within the tissues of the abdomen. Unfortunately, these specially engineered ultrasound waves cannot pass through air or gas, and naturally occurring intestinal gas creates a technical challenge. In order to obtain optimal images and Doppler information of the deep abdominal vessels, it is essential to minimize intestinal gas. In preparation for your abdominal ultrasound examination, these instructions should be followed in order to minimize abdominal bowel gas.

- ***Please purchase ANTI-GAS tablets, such as Gas-X from your local pharmacy***

***Diabetics:*** *Insulin should be taken as needed and the following eating schedule can be adjusted to meet your diabetic requirements. Please consult your physician if you have any diet concerns.*

**\* ONE DAY PRIOR TO SCAN**

**BREAKFAST**

**Breakfast should consist of a low-fat meal.**

**Following breakfast- thoroughly chew 2 (80mg.) ANTI- GAS tablets.**

**Drink 16 ounces of water from a glass; do not use a sport bottle or straw.**

**\* BETWEEN MEALS, CLEAR WATER ONLY**

**LUNCH**

**Lunch should consist of a low-fat meal:**

*No spicy or greasy; no fried foods. Avoid fruits and gas-causing foods. No carbonated beverages.*

**Following lunch- thoroughly chew 2 (80mg.) ANTI-GAS tablets.**

**Drink 16 ounces of water from a glass; do not use a sport bottle or straw.**

**\*BETWEEN MEALS, CLEAR WATER ONLY**

**DINNER – EAT PRIOR TO 7PM**

**Dinner should consist of: *NO FRIED FOOD***

**Eat a lean white meat sandwich,(turkey or chicken). Clear broth, Plain flavored Jell-O;**

*Without topping or fruit. No carbonated beverages.*

*No mayonnaise, butter, cheese, tomato, lettuce, pickle, etc.*

**Following dinner- thoroughly chew 2 (80mg) ANTI-GAS tablets.**

**Drink 16 ounces of water from a glass; do not use a sport bottle or straw.**

**\* MORNING OF THE SCAN\*\*\* *Very Important***

**Upon awaking, thoroughly chew 2 ANTI-GAS (80 mg.) tablets and drink 16 ounces of water.**

***Take nothing by mouth except necessary medications and water from a glass. This means no hard candy, gum chewing or smoking because it will stimulate the intestines and that results in abdominal gas.***