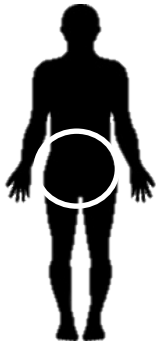


Preparation Guidelines for Ultrasound Kidneys and Bladder

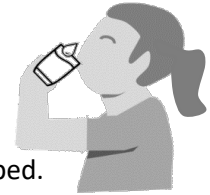
肾脏和膀胱超声波检查指示

The entire procedure will take 45 to 60 minutes. 整个过程一般需约 45 至 60 分钟。

Ultrasound Kidneys & Bladder Preparation Instructions / 肾脏和膀胱超声波检查指示:



1. Drink 200 ml of **water** at the following intervals:
 - 1 hour before appointment time
 - 45 minutes before appointment time
 - 30 minutes before appointment time
2. If you are catheterized, please ensure that the catheter is clamped.
3. If you are on fluid restriction, you do not need to drink water.
4. Do not empty bladder before scan.



1. 请按以下间隔喝下 200 毫升 开水：
 - 预约前一小时
 - 预约前四十五分钟
 - 预约前三十分钟
2. 如果您有装置导尿管，请确保导尿管已被夹闭。
3. 如医生建议您限制液体摄入量，您则无需遵守 1。
4. 请勿排空膀胱。



IMPORTANT NOTES 注意事项

1. On the day of appointment, please be punctual and bring along your Ultrasound request form for registration.
扫描检查当天，请依时间准时报到和携带扫描单子。
2. If you are late for your appointment, your examination might be postponed or rescheduled to another date.
如果您在扫描检查当天迟到，综合诊所放射科有权延后和安排新的扫描日期给您。
3. On the day of your appointment, your identity, and the examination you are scheduled for, will be verified at every service point.
扫描检查当日，您的身份将在每个站点进行验证。
4. Please note that Medical Certificate will not be issued for your ultrasound appointment. An excuse chit can be given upon request.
如有需要，放射部门可提供请假条而非病假单。
5. For queries/change of appointment date, please call:
如果您有任何询问或想更改预约日期请致电：

Bedok Polyclinic
6202 1048

Eunos Polyclinic
6372 6890

Outram Polyclinic
6350 7395

Pasir Ris Polyclinic
6350 7332

Punggol Polyclinic
6718 2094

Tampines Polyclinic
6350 7347

Tampines North Polyclinic
6322 7681