



Does An Ultrasound Cause Any Pain Or Discomfort?

There is no pain associated with an ultrasound. You may be uncomfortable when pressure is applied by the transducer to get special views.

If you are having a pelvic ultrasound you may be uncomfortable from the fullness of your urinary bladder. Your bladder needs to be full to get good pictures of the lower pelvis.

Preparations For Your Ultrasound

Pregnancy, Pelvic or Renal Ultrasound

1. You may eat as usual.
2. Approximately one and one-half hours before your exam, drink four eight-ounce glasses of water (water only – NO carbonated beverages). **DO NOT GO TO THE BATHROOM.** A full bladder is necessary for the exam.

Upper Abdomen, Gallbladder, Pancreas Or Abdominal Aorta Ultrasound

1. Eat a fat-free supper the night before your exam.
2. Do NOT eat or drink anything **AFTER MIDNIGHT** before your scheduled ultrasound.
3. Do not chew gum or smoke before your ultrasound.

For more information on ultrasound examinations at Unity Medical Center, ask your doctor or call us at 701-352-1620.

Women's Health Checkup Schedule

Live a healthy life at any age.

Ages 18–39

- Thyroid Test – start at age 35, every five years
- Blood Pressure Test – every two years
- Cholesterol Test – at age 20 if smoker, diabetic or heart disease runs in the family
- Pap Smear & Pelvic Exam – yearly
- Chlamydia Test – before age 25 and if sexually active
- Eye Exam if visual problems exist
- Hearing Test – every ten years
- Mole Exam – every three years

Ages 40–49

- Thyroid Test – every five years
- Blood Pressure Test – every two years
- Cholesterol Test – yearly
- Blood Glucose Test – start at age 45, every three years
- Mammogram – yearly
- Pap Smear & Pelvic Exam – yearly
- Eye Exam – every two to four years
- Hearing Test – every ten years
- Mole Exam – yearly

Ages 50–64

- Thyroid Test – every five years
- Blood Pressure Test – every two years
- Cholesterol Test – yearly
- Glucose Test – every three years
- Mammogram – yearly
- Pap Smear & Pelvic Exam – yearly
- Fecal Occult Blood Test – yearly
- Colonoscopy – every ten years
- Rectal Exam – every five to ten years
- Eye Exam – every two to four years
- Hearing Test – every three years
- Mole Exam – yearly

Ages 65 and older

- Thyroid Test – every five years
- Blood Pressure Test – every two years
- Cholesterol Test – yearly
- Bone Mineral Density Test
- Glucose Test – every three years
- Mammogram – yearly
- Fecal Occult Blood Test – yearly
- Colonoscopy – every ten years
- Rectal Exam – every five to ten years
- Eye Exam – every one to two years
- Hearing Test – every three years
- Mole Exam – yearly

Consult with a nurse or physician at Unity Medical Center for:

- Annual checkup for general health
- Immunization schedules for vaccines such as HPV and Influenza

Check with your insurance provider for coverage.

The information provided is subject to change. For more details please contact Unity Medical Center at 701-352-1620.

For Your Health!



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164 West 13th Street • Grafton, ND • unitymedcenter.com
Clinic: 352-2000 • Hospital: 352-1620

