

William Erber, M.D., P.C.  
Gastroenterology and Endoscopy  
Diseases of the Digestive Tract and Liver  
Board Certified

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PREPARATION FOR SONOGRAM

Appointment Day \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_



**Please follow these instructions in preparation for your sonogram:**

- Do **not** eat solid foods for **6-8** hours prior to your sonogram appointment.
- If you are hungry prior to your appointment, you **may** have a clear liquid diet which consists of:  
  
Tea, Jell-O®, and water. No carbonated beverages, sport drinks, or milk!
- **If you have an afternoon appointment (2 p.m. or later), you may eat breakfast at 7 a.m. Please do not eat any later than 7 a.m. as it will affect the test results.**
- Please only eat or drink what is listed on this instruction sheet. If you are unsure about a food or beverage, avoid it completely or call the office to make sure it is acceptable.