

Hanover Obstetrics and Gynecology, Inc.

135 Webster Street
Hanover, MA 02339
Tel: (781) 878-7020

Albert H. Marcus, M.D.
Gerald J. Pouliot, M.D.
Paul W. Keough, M.D.
Brian P. Sullivan, M.D.
Brigid K. McCue, M.D.
Patricia O'Regan, RN, ANP
Amy H. Baron, CNM

ULTRASOUND and NST INSTRUCTIONS

Gynecological Ultrasound:

Drink 4 large glasses of water (approximately 32 ounces) immediately within a 15 minute time frame. Do this 1 hour prior to your ultrasound appointment.

Do not go to the bathroom after drinking. A full bladder is needed for the exam.

Obstetrical NST:

Eat or drink something just before your NST appointment that will get the baby moving. (IE: a good meal or a glass of apple juice)

Appointment Date _____

Appointment Time _____