

# Fat free diet for ultrasound scans

**Radiology Department**

**Patient Information Leaflet**

## Introduction

You are having an ultrasound scan of your liver and abdominal area and need to follow a fat free diet:

- **If your scan is in the morning**, you need to follow this diet the evening before your scan until midnight. After midnight do not eat anything until after your scan.
- **If your scan is in the afternoon**, you need to follow this diet the morning of your scan but you must stop eating (any food) at least four hours before the time of your scan.

Please use the information which follows as guidance for foods you can eat and foods you should avoid. For the foods you can have, eat a medium-sized portion.

**You can drink fat free drinks at all times.**

**If you are diabetic** please contact us as soon as possible on 01384 244002.

<b>Dietary information</b>			
<b>Foods allowed</b>		<b>Foods to avoid</b>	
<b>Drinks</b>	Tea and coffee (black no milk)  Any other drinks that do not contain milk	<b>Dairy</b>	All milk and dairy products including butter, cheese, ice cream and yoghurt
<b>Poultry</b>	Chicken with skin removed, grilled  Homemade gravy made without fat	<b>Meat, Poultry, Eggs, Nuts</b>	Meat fat, poultry skin, goose, burgers, beef, lamb, black pudding, faggots, sausages, luncheon meat, ham, bacon, brawn, pies including Cornish pasties, pork pies, scratchings, crackling, eggs, nuts
<b>Fish</b>	White fish (e.g. cod or haddock), grilled or steamed	<b>Fish</b>	Oily fish e.g. mackerel, eels, herring, kippers, whitebait, fried fish, scampi, roe, fish in batter/breadcrumbs, fish in sauces, fish paste, prawns, canned fish e.g. tuna, pilchards, sardines
<b>Vegetables</b>	All vegetables either boiled, steamed or raw. They can be fresh, frozen or tinned. Clear soups  Potatoes boiled or in their jackets	<b>Vegetables</b>	Vegetables/salad tossed in butter, margarine, salad oil, mayonnaise or cooked in oil or fat; coleslaw, creamed soups  Potatoes creamed, roasted, sauté, chips, oven chips
<b>Bread, Rice, Pasta, Noodles</b>	Wholemeal, granary or high fibre white bread, crispbreads, crackers, boiled rice, pasta, noodles	<b>Bread, Cereals, Rice, Pasta, Noodles</b>	White bread, cereals, fried rice, creamy pasta sauces

<b>Dietary information</b>			
<b>Foods allowed</b>		<b>Foods to avoid</b>	
<b>Fruit</b>	All fruit, fresh, dried, tinned or stewed, fruit juice, jam or marmalade	<b>Fats</b>	All types of oil, lard, dripping, suet, shortening, butter, margarine, any fried food
<b>Desserts</b>	Plain meringues	<b>Desserts</b>	All other desserts, cakes, biscuits, chocolate, custard

Under review

If you have any questions or if there is anything you do not understand about this leaflet please contact:

Radiology Department on 01384 244002 (9am to 5pm, Monday to Friday)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 0730510**

ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸ਼ਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिये तो पेशन्ट इनਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਕੋ ਟੈਲੀਫੋਨ ਨੰਬਰ **0800 0730510** पर फ़ोन करें।

જો તમને આ પત્રિકા તમારી પોતાની ભાષા (ગુજરાતી)માં જોઈતી હોય, તો કૃપા કરીને પેશન્ટ ઇન્ફોર્મેશન કો-ઓર્ડિનેટરનો **0800 0730510** પર સંપર્ક કરો.

আপনি যদি এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-অর্ডিনেটরের সাথে **0800 0730510** এই নম্বরে যোগাযোগ করুন।

إذا كنت ترغب هذه الوريقة مترجمة بلغتك الاصلية ( اللغة العربية ) , فرجاء ا أنصل بمنسق المعلومات للمريض

**0800 0730510** على التلفون Information Co-ordinator

حسب ضرورت اس لیفلیٹ کو اپنی زبان (اردو) میں حاصل کرنے کے لئے براہ مہربانی ٹیلیفون نمبر **0800 0730510** پر وھٹ انٹرنیشنل کو اورڈینٹیر (مریضوں کے لئے معلومات کی فراہمی کے سلسلے میں) کے ساتھ رابطہ کریں۔

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