

# EURACARE

## PATIENT INFORMATION FORM

### GENERAL ULTRASOUND

An ultrasound scan uses sound waves to produce images of soft tissue structures. It is a very sophisticated test, but modern technology means that it is a painless and relatively quick procedure.

#### **Preparation**

##### **Abdominal ultrasound:**

Please do not have anything to eat for six hours prior to your appointment. You may drink small amounts of water only. If you are taking any essential medicines, it is important that you continue to do so.

People with diabetes should adjust their drugs and diet appropriately. If you have any queries, please contact your doctor.

##### **Abdominal & Pelvic ultrasound:**

To gain the necessary information from this examination you need to have a full bladder. Please drink about one pint of water an hour before your appointment and do not go to the toilet.

##### **Breast ultrasound:**

Please refrain from wearing talcum powder for this examination. You will need to undress to the waist, so it is advisable to wear a skirt or trousers rather than a dress.

##### **Transvaginal ultrasound:**

The best images of the pelvic organs are normally obtained by performing a transvaginal scan. For this procedure, the sonographer will ask you to remove your underwear and then you will be made comfortable on a couch in a position suitable for an internal examination. A sheet will cover you. The probe is disinfected and covered with a protective sheath; it is then gently inserted into your vagina and moved from side to side to obtain images of your uterus and ovaries. Please empty your bladder after you have reported to the ultrasound reception desk.

If for any reason you do not wish to have the transvaginal scan, it is essential that you have a full bladder for an abdominal scan. Please drink 1 litre of water an hour before your appointment time and do not go to the toilet. Please inform the staff that you do not want to have the transvaginal scan.

#### **The procedure:**

Some warm gel will be placed on your skin and a probe the size of a torch will then be gently moved across the area to be examined.

The scan pictures appear on a small TV screen and the examination lasts approximately 10 to 20 minutes depending on the area of the body scanned.