

## UNDERSTANDING YOUR ULTRASOUND SCAN

Please make sure you read the entire preparation leaflet. If you are unprepared, arrive late or are accompanied by children under the age of 16 then unfortunately your appointment may be cancelled and you will need to rebook.

### What is an Ultrasound scan?

An ultrasound scan uses sound waves to take pictures of the body. The waves travel through the skin and echo ('bounce back') from the soft tissues and blood vessels to create an image. A sonographer performs the scan, interprets the image and writes a report that is sent to your referrer. There are no side effects from this examination.

### On arrival

On arrival one of our staff will explain the procedure to you and answer any further questions you may have to ensure you fully understand the scan and are happy to continue. You will also be asked to sign a data sharing consent form so that your results can be shared back with your referrer. You may be asked to undress and put on an examination gown or just uncover the area to be scanned.

### The examination

You will be asked to lie down on a couch. Some lubricating gel will be applied to the area to be scanned to ensure good contact between the probe and your skin. The probe is similar to a thick blunt pen and is connected to an ultrasound machine and monitor. Pulses of ultrasound are sent from the probe through the skin to the part of the body under examination. The probe is gently moved over the surface of the skin and an image is produced on the monitor. The scan usually takes 15-20 minutes, although vascular and MSK scans may take longer.

### How will I get the results?

The ultrasound report is sent to the doctor who referred you. You should telephone to confirm that they have received your report before arranging an appointment, unless the doctor has made different arrangements with you. At the time of the scan, only certain aspects of the report may be discussed under the sonographer's discretion. Any further management and onward referral is to be discussed between you and your clinician.

### Feedback

We welcome all feedback to ensure we continue to deliver excellence in healthcare. Please ask for a feedback form at the time of your appointment or visit our website ([www.greater-manchester-cats.nhs.uk](http://www.greater-manchester-cats.nhs.uk)) for more ways you can get in touch with us.

## PREPARING FOR YOUR ULTRASOUND SCAN

If you are having more than one scan, please adhere to the strictest guidance (i.e. if you are having both an abdomen and pelvic scan, please prepare for both).

### Abdomen

This scan will include the upper abdomen and abdominal aorta. To get good images you must have an empty stomach. **Please do not eat anything for 6 hours before your appointment and only drink water during this time.** If you are diabetic, please check with your clinician or nurse if you need to change your medication.

### Female Pelvis

In the first instance, this scan will usually be performed transabdominally (placing the probe on the abdomen). You will be required to have a full bladder upon arrival. **Please drink at least one litre (2 pints) of water 45 minutes before your appointment.** Do not empty your bladder before the scan. If you do not have a full bladder, it may not be possible to complete the scan.

During the examination, the sonographer may also request you to empty your bladder to perform a transvaginal scan (a probe is inserted into the vagina). This gives much clearer pictures of the uterus, ovaries and fallopian tubes compared to the transabdominal scan, particularly when the bladder is not full or when overlying bowel gas obscures the pelvic organs. Written consent is required for this and a chaperone will be present. The ideal time to have this scan is 2 weeks following your menstrual period. You may wish to change your appointment to ensure you are not having your period on the date of the scan.

### Urinary Tract

This scan will include the kidneys, ureters, bladder and in male patients the prostate. To get a good image you must have a full bladder so **please drink at least one litre (2 pints) of water 45 minutes before your appointment.** Do not empty your bladder before the scan. If you do not have a full bladder, it may not be possible to complete the scan.

**No preparation** is required for the following scans:

- Anterior Abdominal Wall
- Groin/Inguinal region (i.e. hernia)
- Musculoskeletal (MSK e.g. shoulder, knee, ankle, superficial lumps)
- Testes
- Thyroid/Parathyroid
- Vascular/Doppler and Carotid Doppler