What is an Ultrasound?
The ultrasound examination will help the doctor in evaluating your condition. An ultrasound uses high frequency sound waves. There is no radiation in this exam. Your exam will take anywhere from 45-60 minutes. During your exam you will be asked to lie on your back. Gel will be applied to your skin and the probe will be put over the gel and moved back and forth. The gel helps send sound waves. A pelvic and/or rectal ultrasound requires the probe to be inserted into the body.

Froedtert Health is a teaching system therefore; students and/or residents (doctors) may be involved in your exam. If you cannot get up onto the exam table alone, please inform the scheduler’s so they can schedule additional time for you.

Children under the age of 12 must be accompanied and supervised by a responsible adult other than the patient. The hospital/clinic is not able to provide childcare in the waiting areas. Children are not allowed in exam rooms. If you do not have childcare you may be asked to reschedule your appointment. Your child’s safety is very important to us. Thank you for your understanding.

Locations
- **Froedtert Hospital**
  9200 W. Wisconsin Ave.
  Milwaukee, WI
  Reception desk phone: 414-805-2060
- **Community Memorial Hospital**
  W180 N8085 Town Hall Rd.
  Menomonee Falls, WI
  262-257-3060
- **St. Joseph’s Hospital**
  3200 Pleasant Valley Rd.
  West Bend, WI
  262-836-5166
- **CDI Westbrook**
  2315 E. Moreland Blvd.
  Waukesha, WI
  262-798-2917
- **CDI North Hills**
  W129 N7055 Northfield Dr.
  Menomonee Falls, WI
  262-798-2927
- **Moorland Reserve Health Center**
  4805 S. Moorland Rd.
  New Berlin, WI
  262-798-7220
- **Town Hall Health Center**
  W180 N8000 Town Hall Rd.
  Menomonee Falls, WI
  262-532-3100
- **West Bend Clinic**
  1700 W. Paradise Dr.
  West Bend, WI
  262-306-6276 • Option #3

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Patient Instructions

9200 W. Wisconsin Ave.
Milwaukee, WI 53226
1-800-DOCTORS
(1-800-362-8677)
froedtert.com
Your Appointment

Name: ________________________________
Arrival Time: __________________________
Appointment: __________________________

Appointment Instructions

- **Abdominal/Gallbladder Ultrasound**
  For the ultrasound exam of the organs and/or vessels of the abdomen, you will need to fast for 8 hours before your exam. You may take a small sip of water if you need to take medication. No smoking ONE hour before your exam. If you are diabetic, please inform the scheduler's so they can offer you an early appointment time. If you cannot get up onto the exam table alone, please inform the scheduler's.

- **Kidney Ultrasound**
  No Prep

- **Pelvic/Bladder Ultrasound**
  Please drink 24 ounces of water starting 90 minutes before your scheduled appointment. Please be finished drinking all of the water ONE hour before your appointment time. Do not use the restroom! The water is needed to visualize the organs. You may eat normally.
  
  Start drinking: ________________________
  Finish drinking: _______________________

  There are 2 parts to a pelvic ultrasound. The first part is done with a full bladder. When the first part is completed, you will be asked to use the restroom and empty your bladder. For the second part of the pelvic exam, you will have a probe inserted into the vagina. The second part is easier than a yearly pelvic exam. For the Bladder Ultrasound, a probe is moved on top of the abdomen.

- **OB Ultrasound First Trimester**
  Please drink 24 ounces of water starting 90 minutes before your scheduled appointment. Please be finished drinking all of the water ONE hour before your appointment time. Do not use the restroom! Do not use the restroom. If you are not full, you may be asked to reschedule.
  
  Start drinking: ________________________
  Finish drinking: _______________________

  The ultrasound technologist may use an internal method of scanning in addition to the initial exam. With the internal scanning, a special probe is inserted into the vagina. The technologist may not discuss the results with you. A Radiologist (doctor) will study the exam and provide an electronic report to your doctor. No pictures will be given to you if you come through the Emergency Department.

- **Ultrasound Guided Biopsies and Aspirations**
  You may be recommended to have a biopsy or aspiration of the breast, liver, kidney, thyroid or other organ. This procedure uses ultrasound to guide a needle into a mass or abnormality within the organ specified. You will be asked to sign a consent form. An aspiration is done if the mass or abnormality has fluid in it. A needle is inserted and the fluid or cells are removed. A small dressing or Band-Aid is applied when finished. A Core Biopsy is performed if the mass has solid tissue in it. Tissue samples are collected and sent to the lab. Steri strips and a dressing are applied. Procedure: The area is cleaned with medical soap. You will be injected with numbing medicine and the biopsy or aspiration is performed. It takes about a week to get the results back. You may need to stop any medication. Please wear loose fitting clothes. You will need someone to drive you home after a kidney or liver biopsy. Please tell your doctor or radiology nurse if you are allergic to any medications or numbing medicine.

- **Sonohystogram**
  Sterile saline is slowly infused into your uterus while the organ is being examined using a transvaginal (internal) ultrasound probe. A pregnancy test should be done the day before the procedure to make sure you are not pregnant. You will need to sign a consent form before the procedure. You may be prescribed an antibiotic to take the day before the procedure. Your doctor may tell you to take Ibuprofen one hour before the test. You may feel mild to moderate cramping during the test.

- **Paracentesis/Thoracentesis**
  You will need to sign a consent form before the procedure. Your skin is cleaned with medical soap first. You will be injected with numbing medicine and a needle will be placed into your belly or chest and fluid will be taken out. Please tell your doctor if you are:
  - Taking any medications
  - Allergic to any medications including numbing medicine.
  - On blood thinners, aspirin, Ibuprofen or Vitamin E.

- **ABI (Ankle Brachial Indices)**
  This test is done to see if there is a blockage in the arteries of the legs/arms. Blood pressure cuffs will be on each leg/arm or 2-3 on each leg/arm depending on which exam your physician ordered. Blood pressures are taken of both arms and/or legs. You may be asked to walk for 5 minutes on a treadmill or in the hallway. Once you are finished walking, the blood pressures will be repeated for 10 minutes post exercise/walking. No caffeine or smoking for ONE hour prior to appointment time. You may be asked to change into a gown if all multiple blood pressure cuffs are placed on both legs/arms.