

What is an Ultrasound?

An ultrasound exam helps a doctor evaluate your condition. An ultrasound uses high frequency sound waves. There is no radiation during this exam. Your exam will take anywhere from 45-90 minutes depending on the exam type. During your exam, the sonographer will comfortably position you on the ultrasound cart. Gel will be applied to your skin, and the probe will be moved back and forth over the gel. 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, and students and/or residents (doctors) may be involved in your exam. If you cannot get up onto the exam table alone, please inform the schedulers so they can add additional time to your appointment.

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.



Patient Instructions

Ultrasound



froedtert.com



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Appointment Instructions

□ Abdominal/Gallbladder Ultrasound

Do not eat or drink anything for 8 hours before the ultrasound exam of the organs and/or vessels of the abdomen. You may take a small sip of water if you need to take medication. **No smoking 1 hour before your exam.** If you are diabetic, please inform the schedulers so they can offer you an early appointment time. If you cannot get up onto the exam table alone, please inform the schedulers so they can add additional time to your appointment.

□ Kidney/Renal Doppler

Do not eat or drink anything for 8 hours before the exam. Do not smoke for 1 hour before your exam.

□ Pelvic/Bladder Ultrasound

Drink 32 ounces of water starting 90 minutes before your scheduled appointment. **Please finish drinking all of the water 1 hour before your appointment time. Do not use the restroom! The water is needed to see the organs.** You may eat normally.

There are 2 parts to a pelvic ultrasound. During the first part, a probe will be moved over the lower part of the belly while you have a full bladder. When the first part is completed, you will be asked to use the restroom to empty your bladder. The second part of the pelvic exam is done by inserting a probe 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 belly.

□ OB Ultrasound First Trimester

Drink 32 ounces of water starting 90 minutes before your scheduled appointment. **Please finish drinking all of the water 1 hour before your appointment time. Do not use the restroom! If your bladder is not full, you may be asked to reschedule.**

The ultrasound technologist may do an internal scan in addition to the initial exam. A special probe is inserted into the vagina for an internal scan.

The technologist may not discuss the results with you. A radiologist (doctor) will study the exam and send your doctor an electronic report. No pictures will be given to you if you come through the Emergency Department.

□ Ultrasound Guided Biopsy and Aspiration

A biopsy or aspiration of the breast, liver, kidney, thyroid or other organ may be recommended. This procedure uses ultrasound to guide a needle into a mass or abnormality within a specific organ. 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. A numbing medicine is injected and the biopsy or aspiration is performed. It takes about a week to get the results back. The radiology nurse or your doctor will give you instructions if you 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.

You may need to stay for 1-4 hours to recover after your procedure. You will be made aware of this when you schedule your appointment.

□ Sonohysterogram

Sterile saline is slowly infused into your uterus while the organ is examined with a transvaginal (internal) ultrasound probe. Take a pregnancy test one day before the procedure to make sure you are not pregnant. 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 a numbing medicine. A needle will be placed into your belly or chest, and fluid will be taken out. Please tell your doctor, nurse or sonographer if you are:

- ♦ Taking any medications
- ♦ Allergic to any numbing medications (Lidocaine)
- ♦ 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 arms or legs. Blood pressure cuffs will be placed on each arm and leg, and blood pressures will be taken. You may be asked to walk for 5 minutes on a treadmill or in the hallway. The blood pressures will be repeated 10 minutes after you finish walking. **No caffeine or smoking for 1 hour before the appointment time.** You may be asked to change into a gown if multiple blood pressure cuffs are placed on both arms/legs.