

## Preparation Information Sheet

### ULTRASOUND

**What is it:**

An examination using very high frequency sound waves to produce images of your insides.

**Preparation:****Upper abdomen:**

No food or drinks, except water, for 12 hours. Drink only water up to 2 hours before the examination as needed for thirst.

**Male and female pelvis:**

Empty your bladder 1 hour before your appointment time, then drink 1 litre of water over 15 minutes.

Urinary tract (kidneys and bladder): Empty your bladder 1 hour before your appointment time, then drink 1 litre of water over 15 minutes.

**All other examinations:**

No preparation required.

**What happens:**

You may change into a gown. A clear jelly is applied to the skin and a small plastic probe is moved over the skin above the area being examined. Multiple images are taken throughout the exam. The sonographer will be with you throughout the scan and will usually ask questions about your medical history and the reason for the examination so that the optimal examination for your problem will be done. To get the best images can be very challenging and requires considerable time and concentration by the sonographer. With consent, an internal examination may be performed during a female pelvic ultrasound. The radiologist may need to see you to get more information, or to scan to check some findings.

**How long does it take:**

15-60 minutes depending on the complexity.

**Your images and report:**

After your examination, you will be given a copy of the most pertinent images from your study. A report will be given to you with the images, or sent directly back to your referring doctor by fax or email. We will store digital copies of all studies on our secure database for comparison with any future examinations.

Please bring any previous x-rays with you for comparison.

It is important that you return to your doctor with your examination results. Whether they are normal or abnormal, your doctor needs to know promptly so that a management plan can be formulated.

**SPECIAL INSTRUCTIONS FOR DIABETICS:**

If your examination requires fasting, then book an early morning appointment and have your breakfast and diabetic medication after the examination.