

## Ultrasound Scanning Patient Information

Ultrasound scanning is used to examine the body for example organs in the pelvis or abdomen using (high frequency sound waves) to take pictures. It can be used to diagnose or monitor existing conditions of various parts of the body and to look at organs, blood vessels and soft tissue. Ultrasound scanning is safe and has no side effects.

Highly trained Sonographers use lubricating clear gel on the part of the body they are scanning and a scanning probe that is moved firmly over the skin. Images can be seen on a monitor and some organs are measured so that the Sonographer can create a scan report for your GP.

See below for more information on each type of scan.

### Abdominal Aortic Aneurysm (AAA)

AAA screening is performed using ultrasound to look at the size, shape and condition of the aorta. This scan is used for the detection of abdominal aortic aneurysm (AAA) and for monitoring of aortic dilation.

#### Preparation

We ask you not to eat anything 6-8 hours before your scan and to only drink clear fluids eg water, tea or coffee without milk.

Following the scan your specialist will tell you what they saw on the ultrasound scan, answer any further question you have, and tell you the best course of action according to your results.

A written report is sent to your GP within 48 hours.

### Abdominal Scan

An Abdominal ultrasound can help determine the causes of upper and lower abnormal pain. Common examples for having this ultrasound scan are:

- detection of gall stones or polyps
- assessing the liver
- assessing the kidneys for function

The detailed scan will look at the size, shape and condition of the:

- gall bladder, biliary system and pancreas
- liver
- both kidneys
- spleen and central blood vessels

#### Preparation

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### Pelvic Scan

A Pelvic ultrasound scan is the most effective imaging modality used to examine the uterus and ovaries. It is also used during pregnancy to monitor the health and development of the embryo or fetus.

There are two methods of performing pelvic ultrasound; Supra-pubic (through a full bladder) and trans-vaginal (via the vagina). The same principles of high frequency sound waves apply in each technique. Pelvic ultrasound can help determine the causes of pelvic pain, abnormal bleeding before or after menopause or other menstrual problems. It is used to identify and assess cysts on the ovaries, fibroids in the uterus and polyps in the lining (endometrium) of the uterus. It is also used to help diagnose ovarian or uterine cancers.

Common conditions found by ultrasound scanning:

- Fibroids (myoma) of the uterus
- Cysts of the ovaries
- Infection
- Pelvic inflammatory diseases
- Abscess — tubo-ovarian abscess, pelvic abscess
- Tumors, cancers of the ovaries, uterus
- Lost IUD (intrauterine contraceptive device)

You can request that your scan is performed by a female specialist.

Preparation

We will ask you to drink 1-2 pints of water 1 hour before your scan.

The scan is performed in two parts:

Part one: is an ultrasound probe over your abdomen, you will need to have a full bladder, if you are travelling a distance to the centre we ask that you arrive 20 minutes before your appointment so that you can drink plenty of water before the scan.

Part two: is performed transvaginally by inserting an ultrasound probe into the vagina, the probe is covered with a condom and gel. The test is usually painless, although some women may have mild discomfort from the pressure of the probe. Only a small part of the probe is placed into the vagina. Following the scan your specialist will tell you what they saw on the ultrasound scan, answer any further question you have, and tell you the best course of action according to your results.

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### Urological Scan

The urological system ultrasound scan is the most effective imaging modality used to examine the both kidneys, bladder and urinary tract and in men the prostate gland.

The detailed scan looks at the size, shape and condition of the urological system, amongst other conditions it can detect:

- kidney stones
- cysts
- tumours
- congenital abnormalities of the renal tract
- the effects of infection and trauma of the kidneys and renal tract
- the causes of persistent bladder problems

#### Preparation

You will be asked to drink 1 – 2 pints of water 1 hour before your appointment.

Following the scan your specialist will tell you what they saw on the ultrasound scan, answer any further question you have, and tell you the best course of action according to your results.

A written report is sent to your GP within 48 hours.

### Musculoskeletal scan

A Musculoskeletal scan uses ultrasound to gain images of muscles, tendons, ligaments, joints and soft tissue throughout the body.

Ultrasound images are used to help diagnose for example:

- tendon tears, or tendinitis of the rotator cuff in the shoulder, Achilles tendon in the ankle and other tendons throughout the body
- cysts or fluid collections
- ligament sprains or tears
- inflammation or fluid (effusions) within the bursae and joints
- ganglion cysts
- hernias

Following the scan your specialist will tell you what they saw on the ultrasound scan, answer any further question you have, and tell you the best course of action according to your results.

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Following the scan your specialist will tell you what they saw on the ultrasound scan, answer any further question you have, and tell you the best course of action according to your results.

A written report is sent to your GP within 48 hours.

### Testicular Scan

A Testicular Scan uses ultrasound to gain a clear image of the testicles and is usually recommended in cases where the patient suffers from pain in the testicles or to check for any problems.

Following the scan your specialist will tell you what they saw on the ultrasound scan, answer any further question you have, and tell you the best course of action according to your results.

A written report is sent to your GP within 48 hours of your scan.

### Thyroid Scan

A Thyroid Scan uses ultrasound to gain a clear image of the thyroid gland which is found in the neck.

Following the scan your specialist will tell you what they saw on the ultrasound scan, answer any further question you have, and tell you the best course of action according to your results.

A written report is sent to your GP within 48 hours.

### Vascular Scan

A Vascular Scans uses ultrasound to gain clear images on ant of the major blood vessels of the body, for example a scan of a leg to detect/rule out a deep vein thrombosis (DVT) following pain in the leg.

Following the scan your specialist will tell you what they saw on the ultrasound scan, answer any further question you have, and tell you the best course of action according to your results.

A written report is sent to your GP within 48 hours.