

# **Ultrasound – Abdomen Scan**

## **Information for Adult Patients Having an Ultrasound Scan of the Abdomen**

This leaflet tells you about having an Ultrasound scan of the Abdomen. It explains what is involved and what you need to do before the scan. If you have any questions about the procedure please ask the doctor who referred you for the scan, or the ultrasound department where the scan will be performed.

### **What is an ultrasound scan?**

An ultrasound scan uses high frequency sound waves to view the organs of the body.

### **Are there any risks?**

Ultrasound is considered a safe examination as it **does not** involve exposure to radiation.

### **Do I need to do anything before the scan?**

**DO NOT EAT ANYTHING FOR AT LEAST 6 (six) HOURS BEFORE YOUR APPOINTMENT TIME.**

**You may drink water, black tea or coffee, or fruit juice. DO NOT drink milk or have any drink which contains milk**

Please take any medication as normal. Tablets may be taken with water.

## **If you are diabetic**

If you are diabetic please contact the Ultrasound Department as we may need to change the time of your appointment. You may want to bring a chocolate bar or some biscuits with you in case of any delay.

## **Where is the ultrasound department?**

The Ultrasound Department is located on the ground floor of the hospital and is clearly sign-posted.

## **When you arrive**

Please go to the reception desk in the Ultrasound Department. You will then be asked to sit in the waiting room until you are called through to an examination room.

## **Who will carry out the examination?**

An ultrasound scan is performed either by a sonographer (a radiographer who has qualification in ultrasound) or a radiologist (a doctor who specialises in scans and x-rays).

## **What happens during the ultrasound scan?**

You will be called into the examination room and the sonographer or radiologist will introduce themselves and ask you to confirm your name, address and date of birth.

You will be asked to remove or pull up your upper clothing so that your abdomen is exposed and then to lie on your back on the examination couch. Ultrasound gel is applied to the transducer (ultrasound probe) which is then moved over your abdomen. Tissue paper will be used to protect

your clothes from the ultrasound gel. (You may find it helpful to wear loose fitting clothes that are easily removed.)

A picture will appear on the monitor of the ultrasound machine and a sequence of pictures will be taken. You may be asked to hold your breath and to turn onto your side.

### **How long does it take?**

The examination usually takes between 10-15 minutes.

### **What happens after the examination?**

Once the examination is over you may eat and drink as normal.

### **How will you get your results?**

The results of your scan will be sent to the consultant, GP or clinic that requested your scan.

PLEASE NOTE: please do not ask the sonographer or doctor who performed the examination for the results. They may wish to review the pictures or discuss any findings with a colleague before they issue a report.

### **Contact information**

If you need any further information then please contact the Ultrasound Department, Arrowse Park Hospital on 0151 604 7165.