

ULTRASOUND SCAN

Introduction

We have received a request from your referring doctor for you to have an Ultrasound scan. This leaflet is designed to give you some information to help you prepare for your scan and to give you some idea of what to expect when you attend. Your Doctor has decided that this is the appropriate examination to investigate your condition. Any alternatives should have already been discussed with you.

Where will it be done?

In the radiology department which may also be called the X-ray or imaging department. It is the facility in the hospital where radiological examinations of patients are carried out, using a range of equipment, such as a CT (computed tomography) scanner, an ultrasound machine and an MRI (magnetic resonance imaging) scanner.

Radiologists are doctors specially trained to interpret the images and carry out more complex examinations. They are supported by radiographers who are highly trained professionals and carry out X-rays and other imaging procedures.

What is an ultrasound scan?

An ultrasound scan is a picture of part of the inside of the body using sound waves of a frequency above the audible range of the human ear. A small hand-held sensor or probe, which is pressed carefully against the skin surface, generates sound waves and detects any echoes reflected back off the surfaces and tissue boundaries of internal organs. The probe can be moved over the skin to view the organ from different angles, the pictures being displayed on a screen and recorded for subsequent study. Most people think that this type of scan is only used for examining the unborn child but its use is widespread in medical practice.



Ultrasound images complement other forms of scans and are widely used for many different parts of the body. They can also be used to study blood flow and to detect any narrowing or blockage of blood vessels, for example, in the neck.

An ultrasound scan is also occasionally used for intimate examinations; for example, of the prostate gland in men or of the womb or ovaries in women. For some of these examinations, it may be necessary to place an ultrasound probe in the vagina or the rectum to look at internal structures. If you are having an intimate examination, the performing practitioner will describe the procedure to you, and your consent will be sought.

What are the benefits of having an Ultrasound scan?

Your Doctor may be able to diagnose your problem quickly or refer you for other tests if necessary.

Are there any risks from having an Ultrasound scan?

Ultrasound has been used in medical diagnosis for over 30 years and as yet no harmful effects have been reported.

Are you required to make any special preparations?

Some preparation may be required if your pelvis, kidney or bladder are to be scanned, you may be required to ensure that your bladder is full before the examination can begin. For some examinations such as of the gall bladder and pancreas, you may be required to fast for a specified number of hours. If so, this will be explained in the accompanying appointment letter. You should tell the radiology department in advance if you have had a similar ultrasound scan recently.

Some examinations do not require any preparation; this includes thyroid, testes, musculo-skeletal scans and patients under 12.

What if I am a diabetic or on other medication ?

Please contact the radiology team on 0161 922 6426

What happens when I arrive in the department?

Please report to the reception desk where your personnel details will be checked to ensure our records are up to date.

Who will perform my Ultrasound scan?

The scan will be performed by a specialist Doctor (Radiologist) or by a specially trained Advanced Practitioner in Ultrasound, depending upon the investigation you are having.

A Health Care Assistant will normally be present to provide patient care and act as chaperone.



What happens during the Ultrasound scan?

You will be taken into a room where you will be asked to lie down on a couch; the room may be dimmed so that the pictures on the screen can be seen more clearly. A gel will be applied to your skin over the area to be scanned, for example, the abdomen. The gel allows the probe to slide easily over the skin and helps to produce clearer pictures.

You may be asked to take deep breaths and to hold your breath for a few moments. For a scan of the bladder, the bladder may occasionally not be full enough for the examination and you may be asked to drink more fluid, and wait while the bladder fills up.

The doctor/advanced practitioner will slowly move the probe over your skin while viewing the images on the screen. Records of selected images will be made so that they can be viewed later. Upon completion, the gel will be wiped off and you will be free to get dressed.

How long will it take?

The process of carrying out a scan usually takes about 10–15 minutes. Unless you are delayed, for example, by emergency patients, your time in the department is likely to increase.

What happens if I need a biopsy or procedure?

Other tests, for example biopsies of the breast, thyroid or liver, or injections into joints can sometimes be performed at the same time as the ultrasound examination if your doctor has asked for this.

A local anaesthetic will sometimes be used to numb the area under investigation and reduce discomfort. Ultrasound is used to guide the Doctor to the correct place and a fine needle is inserted. For a biopsy the Doctor or healthcare practitioner uses the needle and a syringe to draw off cells, fluid or tissue, which are sent to the lab for analysis.

What happens after the Ultrasound scan?

There are no effects from the scan so you may return to your normal activities as soon as you wish.

How will I get my results?

The results will be sent to the Doctor who asked for this examination and you can discuss the results with them when you next visit.

If your GP sent you for this examination you will need to make an appointment to see them in their surgery about 2 weeks after the examination.

If one of the hospital specialists sent you for this examination and you DO NOT have a further clinic appointment then they will send a letter to you at home. If a clinic appointment has already been given to you then the results will be discussed with you when you come to see the specialist.



How do I contact the Ultrasound department if I have any questions about my appointment?

The Department can be contacted directly by phoning 0161 922 6426 Mon-Fri 9am-4pm. It is best to avoid phoning during lunchtime 12noon-1pm. Alternatively you may wish to write your questions in the space provided below and bring this leaflet with you when you come for your appointment.

SOURCE

In compiling this leaflet, a number of recognised professional bodies and accredited good practice guides have been used.

Should you have a visual impairment, this leaflet can be made available in bigger print or on an audiotape. If you require either of these options please ring 0161 922 6255



Language, Interpretation and Patient Support Service (LIPS):

If you require an interpreter to assist your appointment, please ask an appropriate family member to contact our central booking office between **Monday to Friday 8am to 5pm** on **0161 922 6991** to arrange this for you.

語言 翻譯及病者支持服務 (LIPS)

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 **0161 922 6991** 聯絡本中

央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (*Central Booking Office*), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od **08:00 - 17:00** pod numerem **0161 922 6991**.

لیٹگوئج، انٹریٹیشن اینڈ پشٹ سپورٹ سروس (لپس Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بنگ آفس سے پیر سے بعد 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

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