



## Patient Information

### Community Ultrasound Service

#### Providing services on behalf of the NHS

##### What is an Ultrasound Scan?

An ultrasound scan is an examination that involves taking pictures of the body using sound waves. Ultrasound can be used to look at all soft tissue structures and blood vessels. Pulses of ultrasound are sent through the skin into your body which then echo (bounce back), creating an image. The scan is carried out by a trained Clinician and the images are recorded and interpreted to make a diagnosis. There are no side effects from having an ultrasound.

##### Do I need to make any special preparation for the scan?

##### Upper Abdomen Ultrasound Scan

Do not have anything to eat during the six hours before your appointment. If you need to drink, please drink only water during this time. If you are diabetic, you must check with your GP or practice nurse as a change in medication may be required due to this period of fasting.

##### Female Pelvis / Urinary Tract Ultrasound Scan

You can eat normally but you must drink at least one litre (2 pints) of water one hour before your appointment. Do not empty your bladder before the scan. If you do not have a full bladder, it may not be possible to carry out the scan.

Unfortunately, sites where our clinics are held, may not have the facility to provide the volume of water required to prepare for a scan. Therefore, **please ensure that you are adequately prepared before arriving at the clinic.**

##### Transvaginal Ultrasound

During the female pelvic scan, a procedure known as a transvaginal ultrasound may be required. This allows for a much clearer view of the uterus and ovaries. Your Sonographer will decide if this is needed and will gain verbal consent from yourself before proceeding.

At this point you will be asked to leave to empty your bladder (if necessary) and will then be given some privacy to undress from the waist down behind the curtain. You will be given a paper sheet to cover yourself with.

For the transvaginal scan you will need to lie on your back on the scanning couch with your knees bent, feet flat on the couch and legs apart. A thin, smooth tipped ultrasound probe is inserted into the entrance of the vagina which should not cause pain but may be slightly uncomfortable. The probe has a protective cover and lubricating gel is used. If you'd prefer, you can put the probe in yourself, similar to putting in a tampon.

Pulses of ultrasound are sent from the probe through the lining of your vagina to the part of your body being examined. The probe is gently rotated, and ultrasound pictures are sent to the monitor. During the scan, in order to allow a better picture of your pelvic organs, you may be asked to raise your pelvis either by using your hands or by putting a pillow under your pelvic area. The Sonographer may ask you to place their hands on your abdomen and apply some pressure in order to move bowel loops if these are obscuring uterus or ovaries.

Once the scan is complete, you will be given time to get dressed in private.

##### Arriving at the clinic

Please arrive at the clinic at least 15 minutes before your appointment. On arrival, please wait in the waiting room

for a member of staff to call you. If you are not called at your appointment time, then please make yourself known to reception or call us on 01691 676496 Option 1. You will be advised on your appointment letter if there are special requirements regarding where to wait. At the start of your appointment, our staff will explain the procedure to you and answer any further questions you may have. You may be asked to undress partially to complete the scan.

### **Chaperones**

Your procedure may be performed by either a male or female member of staff. You are welcome to bring a friend or relative to your appointment. If you wish, a medical chaperone can be requested. However, this may mean rescheduling your appointment to a day when a chaperone is available. Please do let the PMC know prior to your scan if you require a chaperone.

### **The Examination**

You will be asked to lie down on a couch. Some lubricating gel will be applied to the body part to be scanned. This gel enables the sonographer to get better contact between your skin and the ultrasound probe. The probe is connected by a wire to an ultrasound machine and monitor. The probe is gently moved over the surface of the skin and an image is produced on the monitor. An ultrasound scan will normally take between 10 and 20 minutes.

### **How will I get the results?**

The ultrasound report will be sent, to the doctor who referred you for your ultrasound scan, within 3-5 working days following your appointment. You should telephone your practice to confirm that they have received your report before arranging an appointment to discuss your results, unless the doctor has made different arrangements with you. Based on the outcome of the ultrasound scan, any further examinations and clinical treatments will be discussed between you and your GP.

### **The Patient Management Centre**

Our Patient Management Centre (PMC) manages your appointment booking and sends your results once your GP has submitted a referral to us on your behalf. If you are unable to attend or wish to change your appointment, please contact the PMC at least 3 days prior to your appointment so that we may offer it to another patient.

### **Contact Details for PMC**

01691 676496 Option 1 / [pml@nhs.net](mailto:pml@nhs.net) [www.physiologicalmeasurements.com/patients](http://www.physiologicalmeasurements.com/patients)

### **Clinics**

To find your nearest clinic please visit: [www.physiologicalmeasurements.com/yourclinics](http://www.physiologicalmeasurements.com/yourclinics) and add your home postcode into the postcode finder and click find. You will then be shown all clinics in your area and how far they are from your home address. You can also phone our Patient Management Centre on **01691 676496** who will be happy to help.

### **Confidentiality**

To protect your privacy and confidentiality, we would not normally disclose medical information without taking steps to be sure we are talking to you. This means that we will not disclose information to family, friends or colleagues about any medical matters at all unless we have your consent to do so.

Please visit our website for more information [www.physiologicalmeasurements.com](http://www.physiologicalmeasurements.com)

**General comments and complaints can be submitted to the Patient Management Centre; T: 01691 676496 /**

**E: [pml@nhs.net](mailto:pml@nhs.net)**

**For large print, audio or Braille versions of this leaflet, or to obtain a translated copy please contact the Patient Management Centre on 01691 676496.**