



# Ultrasound

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## What is **an Ultrasound scan?**

An ultrasound machine uses high frequency sound waves to produce images of your body. It does not use x-rays. These high-energy sound waves are reflected off internal tissues and organs and make echoes.

The echo patterns are shown on the screen of the ultrasound machine, forming a picture of body tissues called a sonogram.

We offer a full range of ultrasound examinations. Your doctor will discuss options with you and recommend the most appropriate procedure for your clinical problem.

## **Are there any risks?**

Diagnostic ultrasound has been used for over 45 years, with no known side effects or risks.

## Pre-examination

Listed below are some of the common examinations and the preparation generally required.

- Abdomen
- Breast
- Obstetric (pregnancy)
- Pelvis
- Paediatric renal
- Thyroid
- Testes/scrotal
- Musculoskeletal (muscle and joint)
- Kidney
- Vascular (blood vessel):
  - Renal (kidney) arteries
  - Aorta or leg arteries



### All ultrasound examinations:

- Wear clothing which will provide easy access to the area being imaged.
- Bring any previous ultrasound examination images with you so they can be used for comparison.
- See our website for more detailed information.



## The examination

The skilled sonographer performing the examination will ask you questions about your health, listen and make you comfortable. The procedure will be explained in detail and the sonographer will answer any questions you have before starting.

Normally you will lie down on a bed with area to be examined exposed while the rest of the body is covered. Clear gel is applied to the area of your body being imaged. The sonographer will then place a “transducer” (a smooth hand held device) on this area and use gentle pressure. The transducer is moved across the area with a sliding and rotating action to allow the image to project onto the screen.

The sonographer takes pictures of your organs and tissues. During the examination you may be asked to perform some simple actions to improve the quality of the imaging. For example, you may be asked to:

- “Take a breath” to assist during an abdominal ultrasound to allow the area beneath the rib cage to be clearly viewed
- During an obstetric examination you may be asked to move to encourage the fetus or unborn baby to roll into a better position for imaging

If any of these actions cause you concern or discomfort, you should let the sonographer know immediately.



## Post examination

You will be asked to change back into your clothes.

Your scan will be interpreted by the radiologist and a report will be sent directly to your doctor who will discuss the results with you.

**Appointment times may vary based on the procedure.**



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