



# Ultrasound

Ultrasound imaging uses sound waves instead of radiation. The sound waves bounce off organs and tissues like an echo to create images on a specialized computer screen.



## General Instructions:

- This exam must be scheduled.
- Have your physician check with your insurance carrier about coverage requirements.
- Report to outpatient registration with your signed order **at least 15 minutes before** your appointment, unless you are given other instructions.
- If you need to cancel your appointment, please call us 24 hours before the scan.
- The results will be sent to your physician.
- **For additional information, please call us at 814-467-3435.**

## How should I prepare for the exam?

- Non-invasive Peripheral Arterial Study (PAS) of the Legs: No diet restrictions.
- Venous Doppler of Legs or Arms: No diet restrictions.
- Doppler Echocardiogram: No diet restrictions.
- Carotids: No diet restrictions.
- Thyroid: No diet restrictions.
- Abdomen, Right Upper Quadrant (RUQ), Gallbladder: Low fat supper the night before exam. Nothing to eat or drink after midnight.
- Pelvis: No diet restrictions. Please arrive with a full bladder (as least 32 oz. water).
- Kidneys (Renal): No diet restrictions. Please arrive with a full bladder (as least 32 oz. water).
- Aorta: Do not eat or drink anything 8 hours before the exam.
- Renal Artery Doppler: Do not eat or drink (including water and medications) for 12 hours before the exam.
- Scrotum: No diet restrictions.

## How long will the exam take?

- Most ultrasound scans take between 20-45 minutes depending on what exams have been ordered, and if the patient arrives with proper preparations complete (i.e. full bladder).

## Will I feel any pain?

- Ultrasound imaging is painless, fast, and easy. However, you may experience some discomfort as the technologist applies pressure with the transducer. This is necessary for accurate imaging. This discomfort may be especially uncomfortable if you have a full bladder. Also, some exams require compression maneuvers, which are usually intermittent and brief.

## How will the exam be performed?

- The technologist will ask you about your medical history.
- You may be asked to change into a patient gown.
- You will be asked to lie very still on an exam table.
- It is very important that you hold very still and hold your breath if you are instructed to.
- A gel will be applied to the area of interest to glide the transducer smoothly over the area.
- The technologist will apply pressure with the transducer, moving it around to obtain the necessary images.
- The technologist may ask you to move into different positions.
- You may hear various sounds depending on the type of exam that has been ordered.

**Female patients only:** If a pelvic ultrasound has been ordered, you may need an internal scan known as a Transvaginal Scan. You may also be asked to empty your bladder and insert a probe into your vagina for additional imaging.