

# Ultrasound

Diagnostic ultrasound is an established method of diagnostic medical imaging using a high-frequency sound wave and the principle of sonar to create an image. It is a reliable, cost-effective means of evaluating many internal organs and is routinely used to evaluate fetal growth and complications of pregnancy.

## What to Expect During Your Appointment



### Clear Gel

The sonographer will apply a clear gel on your skin over the area to be examined. This gel helps transmit the sound waves by excluding air and will not harm your skin or your clothes.

### Short Exam Time

An ultrasound exam typically takes 30 minutes or less, although more extensive exams may take up to an hour.

### Minimal Discomfort

Minimal discomfort may be experienced in certain ultrasound exams in which the transducer is inserted into an opening of the body.

### Get Your Results

Our center will contact your physician once your images are produced. Only your physician can discuss your results with you.

### Doppler Ultrasound

If a Doppler ultrasound study is performed, you may hear pulse-like sounds that change in pitch as the blood flow is monitored and measured.

## Common Ultrasound Applications

Ultrasound exams can help diagnose a variety of conditions and assess organ damage following an illness. It's also a useful way of examining many of the body's internal organs, including but not limited to the:

- Thyroid and parathyroid glands
- Heart and blood vessels
- Organs of the digestive system
- Organs of the urinary system and renal artery
- Organs of the reproductive system

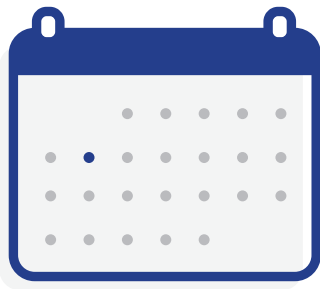


## EXAMINATION PREPARATION

It is extremely important that you follow these instructions for your exam.

### How to Prepare For Your Appointment

---



#### Eating And Drinking

Exam preparation will depend on the type of ultrasound requested by your physician.

**Abdominal Ultrasound:** Please do not eat solid food or drink anything after midnight prior to your exam. Routine medications may be taken with water only. If you are diabetic, consult with your physician.

**Pelvic Or Transvaginal:** There are no special preparations necessary unless otherwise directed.

**Vascular (Doppler):** There are no special preparations necessary

#### Taking Medications

You may continue to take any medication prescribed by your physician.

---

#### Clothing For The Exam

For your convenience, please dress appropriately. Consider wearing comfortable clothing that does not have any zippers, clasps, or metallic decoration. You may be asked to wear a cloth gown.