

OBSTETRICS AND PELVIS ULTRASOUND

For the first portion of these procedures you will have a full bladder. The full bladder pushes bowel out of the way and provides a "window" to the pelvic organs. A sonographer will place a transducer against your skin over the area of interest. A second transducer may be used for some pelvic and early obstetric procedures. The sonographer will instruct you to insert a covered, specialized transducer into your vagina. This transducer will provide a closer and more detailed look at areas of interest and will add significantly to the overall quality of your procedure.

Drink 16 oz. of water one (1) hour prior to exam time. OB patients 14 weeks and over do not need to drink water.

DO NOT EMPTY YOUR BLADDER!!!!

Allow approximately 30 minutes for Non-OB Pelvis procedures and for OB procedures when you are less than 14 weeks pregnant.

If you are more than 14 weeks pregnant, allow one hour for the procedure.

In an effort to enhance your experience, reduce distractions, and provide you with the best possible care, we ask that all patients and their guests review the following guidelines for ultrasound procedures.

- **We ask that you limit the number of adult visitors in the exam room to no more than two.**
- **The presence of unsupervised children during your procedure is discouraged.**
- **Please silence all electronic devices prior to your examination. Camera use and videotaping is not permitted in the examination room.**



Available at 3 locations:

- Womens Health**
Professional Building on CH|CWH campus
933 Red Apple Rd.
Wenatchee, WA 98801
(509) 663-8711, ext. 5453
- Radiology Department**
820 North Chelan Ave. in Mares Bldg.
Wenatchee, WA 98801
(509) 663-8711, ext. 5456
- Confluence Health | Central Washington Hospital & Clinics**
1201 S. Miller Street
Wenatchee, WA 98801
(509) 662-6000

www.RadiologyInfo.org



ULTRASOUND PROCEDURES

Procedure: _____

Date: _____ Time: _____

Your physician has scheduled you for an Ultrasound procedure. Ultrasound waves cause no discomfort and there is no radiation involved in an ultrasound procedure.

Some Ultrasound procedures require that the patient have special advance preparations. Please read the "General Ultrasound Information" section and the special section that describes the procedure you are to have. Follow the instructions carefully.

The report will be sent to your physician and will be available on MyChart. Your physician will inform you of these results.

GENERAL ULTRASOUND INFORMATION

The sonographer who performs the examination will place gel on your skin over the area(s) of interest. The gel forms an airtight seal between your skin and the portion of the machine touching your skin. The airtight seal is necessary to provide high quality images.

The sonographer will then place a small extension of the machine called a transducer on the skin covered by the gel. The transducer emits many high-frequency sound waves that hit internal organs and bounce back to the transducer. The returned waves are translated into an image on the screen. Multiple images will be taken and reviewed at a later time by a radiologist.

In addition to the ordinary transducer that is placed against the skin, there are specialized transducers that may be used for specific studies. Please read the section below that explains the procedure you are scheduled to have.

ABDOMEN (INCLUDES AORTA, LIVER, GALLBLADDER, AND KIDNEYS)

During these procedures you will be lying on your back and/or your side. The only transducer needed is the one placed on your skin.

Preliminary Preparation: DO NOT EAT OR DRINK anything 8 hours prior to your exam, with exception of small amounts of water can be taken with medications. You may have a non-fat meal 8 hours prior or more to your procedure.

EXAMPLES: White turkey / chicken, bouillon, gelatin, white bread, clear liquids, steamed fruit and vegetables.

AVOID THESE FOODS: Carbonated beverages, dairy products, FATS or OILS.

If you are a diabetic, adjust your medication as needed. If in doubt, call your health care provider.

Additionally FOR KIDNEY OR RENAL ULTRASOUNDS: Drink 16 oz. of water one hour prior to exam without voiding until exam in complete.

ABDOMEN / PELVIS COMBINATION

For the first portion of these procedures you will have a very full bladder. The full bladder pushes bowel out of the way and provides a "window" to the pelvic organs. During these procedures you will be lying on your back and/or your side.

As noted in the "General Ultrasound Information" section above, a second transducer may be used for some pelvic and early obstetric procedures. The sonographer will instruct you to insert a covered, specialized transducer into your vagina. This transducer gives a closer look at the area(s) of interest and can add significantly to the overall quality of the procedure.

Preliminary Preparation: DO NOT EAT OR DRINK anything 8 hours prior to your exam, with exception of small amounts of water can be taken with medications. You may have a non-fat meal 8 hours prior or more to your procedure.

EXAMPLES: White turkey / chicken, bouillon, gelatin, white bread, clear liquids, steamed fruit and vegetables.

AVOID THESE FOODS: Carbonated beverages, dairy products, FATS or OILS.

DRINK 16 oz. of water one (1) hour prior to exam time.

Note: It is very important that you finish your 16 oz. of water 1 hour prior to procedure.

DO NOT EMPTY YOUR BLADDER BEFORE EXAM.

If you are a diabetic, adjust your medication as needed. If in doubt, call your health care provider.