

Diagnostic ultrasound examinations

Information sheet

This patient information sheet should answer any questions you have about your procedure. If you still have questions after reading this, you can visit the Diagnostics section of our website www.theholly.com, telephone the Diagnostic Centre on 020 8936 1202 or email diagnostics@theholly.com

What is an Ultrasound scan?

An ultrasound examination obtains images of the inside of the body using high frequency sound waves, {and} without the use of radiation (X-rays). The sound waves are transmitted through a hand held device (transducer) and when held against the skin the reflected sound waves will produce an image of the internal organs which can be assessed.

Ultrasound scans can be used to investigate several different areas of the body such as the abdomen, pelvis, breast, heart, thyroid gland, joints, major blood vessels and pregnancies.

During an ultrasound examination you will lie down on an examination couch and be asked to expose only the area of your body to be investigated. The lights will be dimmed slightly in order for the Sonographer or Radiologist

to see the images on the ultrasound screen more clearly. Gel will then be applied to the area being examined which will help with the transmission of the sound waves. Soft paper roll will be tucked into your clothes to protect them, however if any of the gel does seep onto your clothes it should not stain. If you are worried about this then we would advise you not to wear any particularly delicate items of clothing.

A small hand-held transducer (probe) will then be applied to your skin and the resulting pictures are then displayed on the screen and a diagnostic assessment will be made.

The examination will take between 15 and 30 minutes, after which you can wipe off the gel and can then eat and drink normally.

Do make sure that you have arranged a follow up appointment with your

referring doctor after the scan in order to discuss your results.

If you have been given a request form for an ultrasound scan

You will need to make an appointment in the Diagnostics Department at The Holly Private Hospital. You may either fax or email your form to the following;

Fax: 020 8936 1191

Email: diagnostics@theholly.com

Preparing for your scan

In order to examine certain areas of the body successfully you will need to follow special instructions. Please read your appointment letter carefully as it will give you full instructions on how to prepare for your scan.

Pelvic ultrasound scan preparation:

The internal pelvic organs are seen more clearly if you have a full bladder.

You will therefore need to drink two pints of fluid (preferably water and non-fizzy) two hours before your appointment time. This is approximately five or six large glasses. Often, however, if appropriate, an internal scan will also be performed after careful discussion with the Sonographer.

Abdominal ultrasound scan preparation.

If you are having your gallbladder, liver or pancreas investigated you will need to stop eating six hours before your appointment time. This will minimise

any air or gas in your stomach and bowel which may obscure the organs being examined.

You will also need to drink a pint of water (not fizzy) an hour before your appointment time.

Frequently Asked Questions (FAQs)

Will it hurt?

Ultrasound should be a painless procedure, however sometimes the Sonographer or Radiologist may have to press firmly on your skin in order to obtain better images. Please do feel free to say if it is too uncomfortable.

Why do I need a full bladder?

The internal pelvic organs are seen more clearly if you have a full bladder.

Can I have another adult accompany me?

Yes, however the Sonographer or Radiologist will need to concentrate during the examination. We cannot provide child care facilities.

Should I continue to take prescribed medication?

Yes. There is no need to stop any medication.

I am diabetic – should I stop taking my insulin?

If you are diabetic, please contact the Diagnostics Department before

attending any appointments. We will be able to provide you with any relevant advice or instructions.

When will my results be ready?

If you have been referred for your ultrasound scan by your GP your results will be sent to them usually the next day but certainly within seven days.

If you have been referred by your hospital Consultant the results will be available at your next follow up appointment.

Important information for patients paying for their own treatment

We respectfully request that your account is settled either by insurance authorisation or payment at the time of your appointment. A fee may be charged for non-attendance or if

less than 24 hours notice is given to cancel an appointment.

Further information

Please do not hesitate to contact us if you have any further queries. You can telephone the Diagnostic Centre on 020 8936 1202 or email diagnostics@theholly.com. Alternatively you can visit the Diagnostics section of our website www.theholly.com

If you would like a copy of this information in large print or an alternative language, please call 020 8936 1214.

Please note we are unable to provide child care facilities during your examination and in most cases children will be unable to accompany you into the examination rooms.



Call: 020 8505 3311 (Main Switchboard)

Call: 020 8936 1202 (Diagnostic Centre)

Email: diagnostics@theholly.com

Visit: theholly.com

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www.aspen-healthcare.co.uk