

ULTRASOUND

This instruction sheet has been prepared by Faith Regional Health Services Radiology Department. It includes the basic points of your care. If you have any questions, please feel free to contact them at 402-644-7540.

- The procedure is performed at FRHS West Campus Radiology Department.
- Enter the hospital through the main lobby and check in at the admitting desk 30 minutes prior to appointment time.

Your Health Care Provider has arranged for you to be examined using one of the most advanced diagnostic methods available: Ultrasound (US). US does not use x-ray or radiation. US is very safe; it uses high frequency sound waves to penetrate the body and create images.

PREPARATION

US Abdomen: Adults NPO 6 hours, eat a fat free meal the night before, no gum or smoking. **Children under 6:** NPO 4 hours. **Babies:** NPO 2 hours.

US Pelvic, Pregnancy, Renal Retro: Drink 3 glasses of water 1 hour prior to the exam, do not void. It is very important that your bladder be very full for this exam.

US Renal Doppler: NPO 12 hours prior to the exam. Do not chew gum or smoke prior to the exam

DURING YOUR TEST:

The Registered US Technologist will position you as comfortably as possible. When you are positioned, the technologist will start the exam. During the exam, you may feel some pressure. The technologist may ask you to hold your breath. Try to relax and lie as still as possible.

AFTER YOUR EXAM

You may resume your usual diet, medications and activity.

The results from your test will be interpreted by a Radiologist within 24 hours for your provider to discuss with you at your next scheduled office appointment.