



Sleep & Wellness Medical Associates

## **Ultrasound Information for Patients**

### **What is an Ultrasound Examination?**

Ultrasound is the use of sound waves to obtain a medical image or picture of various organs and tissues in the body. It is a painless and safe procedure.

Ultrasound produces very precise images of your soft tissue (heart, blood vessels, uterus, bladder, etc.) and reveals internal motion such as heart beat and blood flow. It can detect diseased or damaged tissues, locate abnormal growths and identify a wide variety of changing conditions, which enables your doctor to make a quick and accurate diagnosis.

### **What Can You Expect During the Ultrasound?**

You will be assisted on an examination table. At this time, a transmission gel will be applied to the area of your body that will be examined. A transducer will be moved slowly over the body part being imaged. The transducer sends a signal to a computer that produces the ultrasound image. You will feel slight pressure and the movement of the transducer over the body.

### **For Your Personal Safety and Comfort**

1. Wear comfortable clothing.
2. Avoid wearing jewelry.
3. Avoid soft drinks before the exam (if no special instructions, water is acceptable)

### **Instructions for you**

1. Abdominal Ultrasound
  - Exam should take about 30 minutes
  - Fasting 6 hours prior to exam is required.
2. Biopsy - Thyroid
  - Procedure takes approximately 1 hour.
3. Carotid Duplex Ultrasound
  - Do not wear clothing such as a turtleneck or shirts with high collars.
  - Exam takes 30 minutes.
4. 2D Echo Ultrasound (Echocardiogram)
  - There are no special instructions for you.

5. Extremity Ultrasound
  - There are no special instructions for you.
6. Gallbladder Ultrasound
  - Exam should take about 30 minutes
  - Fasting 12 - 14 hours prior to exam is preferred.
7. Liver Ultrasound
  - Exam takes about 30 minutes.
8. Pelvic Ultrasound
  - Drink 32 ounces of water at least 30 minutes prior to appointment.
  - Do not empty your bladder prior to the exam.
9. Peripheral Vascular Study of the Lower Leg Arteries
  - Pants must be removed prior to exam.
  - Exam should last about 30 minutes.
10. Renal Ultrasound
  - There are no special instructions for this exam.
  - Exam should take about 30 minutes.
11. Thyroid Ultrasound
  - There are no special instructions for this exam.
12. Venous Doppler/Duplex Ultrasound
  - There are no special instructions for this exam.