

# Ultrasound

## Adult Female Sonography for Obstetrical & Gynecological Exams

### Patient Education & Preparation Instructions

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

Ultrasound is a way of imaging your body using high-frequency sound waves that are not audible to the human ear. All ultrasound exams are performed by board-certified sonographers. The results are then interpreted by a radiologist, a physician who specializes in imaging diagnosis. A formal report is then provided to your physician in writing, or in emergency cases, verbally by telephone.

#### **What are the Risks?**

For standard **diagnostic ultrasound**, there are **no** known harmful effects on humans.

#### **What Can I Expect During My Exam?**

To begin, most exams are done with the patient lying flat on her back. A water-soluble gel is applied to the skin at the area of interest. A small transducer is then pressed firmly over that area. You may be asked to briefly hold your breath to ensure that our images are not blurry and for other technical reasons.

#### **Can I Expect There to be Additional Procedures?**

Yes. Routinely with sexually active females having a pelvic/gynecological or early first trimester obstetrical sonogram, it is often necessary and critical to your diagnosis that we use transvaginal scanning to enable the radiologist to definitively interpret the interuterine and adjacent pelvic contents on your sonogram.

#### **What is Transvaginal Sonography?**

Transvaginal sonography is a procedure typically done following a routine pelvic or early first trimester sonogram. After your transabdominal scan, you will be instructed to empty your bladder completely before a specially designed sterile draped transducer is inserted into the vaginal canal. This procedure is much like a typical pelvic exam (pap) you would experience in your doctor's office. It generally is painless and provides us with a valuable detailed look at the interuterine and nearby pelvic structures.

#### **What are Some Common Misconceptions?**

Patients often ask how much radiation they are being exposed to. The answer is NONE! Again, ultrasound is imaging using high-frequency sound waves that are inaudible to human ears. Ultrasound also is commonly misconceived as being used only for pregnancy. In actuality, it is used to identify anatomy and aids in disease diagnosis throughout the body.

There are many ways to image the body and each modality has specific advantages and disadvantages. Your doctor will decide whether ultrasound is the best imaging method for you based on your clinical history and current symptoms.

#### **How Should I Prepare for My Ultrasound Exam?**

Preparation for your ultrasound may sometimes be uncomfortable, but is extremely important. **We urge you to carefully follow the preparation instructions listed in this pamphlet for your specific exam.** Inadequate preparation may result in an inconclusive or rescheduled exam, thus delaying a critical diagnosis of significant disease.

## Can My Family/Guest Come in During My Procedure?

Family/guest will be invited for a personalized view of the baby following the technical portion of the exam. The initial procedure can take anywhere from 20 to 45 minutes (depending on age of gestation). This policy must be strictly adhered to, as it is critical to the concentration of your sonographer. This also ensures the best possible examination for the health of your unborn baby. We thank you for your cooperation and understanding.

### ☐ Gynecological (Pelvic) Exam

This examination includes a detailed look at the female reproductive organs and adjacent pelvic regions.

NOTE: As explained earlier in this pamphlet, for many various technical reasons, it is almost always necessary to examine the female pelvic area with an additional procedure called a transvaginal sonogram.

### ☐ Obstetrical First Trimester

This test includes sonography of the female pelvic anatomy (uterus, ovaries and adnexal regions) and identification of early pregnancy (gestational sac, yolk sac and embryo/fetus) up to 14 weeks.

NOTE: In many instances of early pregnancy, the gestation may be too small to identify through the abdominal wall and it will be necessary to perform a transvaginal sonography.

### ☐ Obstetrical Second & Third Trimester

This test includes sonography of the uterus, placenta and fetus from 15 weeks to 40 weeks. The exam of the fetus is an extensive look at all anatomy with measurements used to determine gestational age.

## Preparation Instructions for All Exams in this Pamphlet

It is pertinent for a diagnostic exam of the pelvis and/or fetus that all patients present with a full bladder. Due to scheduling constraints, you may be rescheduled if your bladder is not full. This preparation should not be altered without consulting Aspirus Riverview Hospital's Imaging Services Ultrasound Department.

1. Empty your bladder **one hour prior** to your appointment time of \_\_\_\_\_ a.m./p.m.
2. Immediately after emptying your bladder, drink **FIVE, 8-ounce glasses of WATER**. These must be consumed within 15 minutes of emptying your bladder at \_\_\_\_\_ a.m./p.m.
3. **Do NOT empty** your bladder until the ultrasound exam has been completed.
4. If scheduled for a morning examination, please be sure to have a **full breakfast** and do **not** restrict your **fluid intake**.

Aspirus Riverview Hospital Imaging Services Department 715-421-7430

## PRE-REGISTRATION REQUIRED

Stop by the Registration Department in Aspirus Riverview Hospital's Lobby Rotunda

Monday-Thursday 8 am-5:30 pm; Friday 8 am-5 pm; Or call 715-421-7499

*If you are unable to keep your appointment, please let Aspirus Riverview Hospital's Imaging Services Department know as soon as possible. Should you be admitted to the hospital, please inform your physician about your appointment.*



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