

# Ultrasound

## Adult & Pediatric Sonography of Abdominal Renals (Kidneys) Small Parts

### 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 Should I Expect During My Exam?

To begin, most exams are done with the patient lying flat on his or 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.

#### 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?

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.

To avoid appointment delays, pre-registration is required prior to your date of service.

### **ADULTS**

#### ☐ **Abdominal Complete**

This examination includes: aorta, liver, gallbladder/biliary system, pancreas, spleen and *both* kidneys.

1. \* Absolutely NO FOOD or DRINK following an evening meal.

2. Diet Instructions for Evening Meal:

No foods containing fats, such as dairy products or greasy fried foods. Meal suggestions might include a salad with low-fat dressing, crackers or toast, jello, a cold meat sandwich, juice or tea.

#### ☐ **RUQ/Limited Abdominal**

This examination includes: liver, gallbladder/biliary system, pancreas, right kidney and aorta.

*(Limited exam excludes spleen and left kidney.)*

1. \* Absolutely NO FOOD or DRINK following an evening meal.

2. Diet Instructions for Evening Meal: No foods containing fats, such as butter, milk, cheese, cream, etc.

#### ☐ **Renals/Bladder**

This examination includes: right and left kidneys and bladder.

1. Empty your bladder one hour prior to your scheduled appointment time of \_\_\_\_\_ a.m./p.m.

2. **Immediately** after emptying your bladder, **DRINK FIVE 8-ounce glasses of WATER** (*do not substitute with other fluids*). It is **essential** that water be consumed within 15 minutes of emptying your bladder: \_\_\_\_\_ a.m./p.m. (as it takes approximately 45 minutes for your body to process).

3. Do not empty your bladder until the ultrasound exam has been completed.

4. No diet restrictions. The water preparation works best when your body is not dehydrated. So please, if you have an early morning appointment (7:30 to 10:30 a.m.), have a full breakfast.

#### ☐ **Breast (Adult/Pediatric)**

Examination of the breast and axillary tissues of the chest and arm.

1. No preparation necessary.

☐ **Thyroid (Adult/Pediatric)**

Examination of the thyroid gland and soft tissues of the neck.

1. No preparation necessary.

☐ **Scrotum (Adult/Pediatric)**

Examination of the male groin, scrotal sac and testicles.

1. No preparation necessary.

☐ **Thoracentesis or Paracentesis**

Percutaneous drainage of fluid accumulations surrounding lungs or abdominal organs. This procedure is performed by a radiologist using ultrasound guidance and a sterile technique.

1. No preparation necessary.

☐ **Spleen (Adult/Pediatric)**

Examination of the spleen (abdominal organ).

2. No preparation necessary.

**PEDIATRICS**

(Specific Preparation Examinations)

☐ **Abdominal**

This examination includes: aorta, liver, gallbladder/biliary system, pancreas, spleen and *both* kidneys.

**Age 0-14: Preparation as Follows**

1. \* Refrain from solid foods in the morning until the exam is completed. Small sips of liquids may be given when necessary to satisfy the needs of infants and young children.

☐ **Kidneys/Bladder**

This examination includes: right and left kidneys and bladder.

**Age 0-3: Preparation as Follows**

1. Force fluids two hours prior to scheduled appointment.

**Age 4-14: Preparation as Follows**

1. Have child empty bladder one hour prior to scheduled appointment time of \_\_\_\_\_ a.m./p.m.
2. **Immediately** after child empties bladder, **DRINK THREE 8-ounce glasses of WATER** (*do not substitute with other fluids*). It is *essential* that water be consumed within 15 minutes of emptying child's bladder: \_\_\_\_\_ a.m./p.m. (as it takes approximately 45 minutes for the body to process).
3. Do not let child empty bladder until the ultrasound exam has been completed.
4. No diet restrictions. The water preparation works best when your body is not dehydrated. So please, if you have an early morning appointment (7:30 to 10:30 a.m.), have child eat a full breakfast.

\* *When required medications are necessary, you are allowed to have small sips of water.*

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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