

## **Information for Patients attending for an Ultrasound Examination**

### **What preparation is required?**

You will need to arrive for your appointment with a full bladder as this will allow a good picture to be seen on the scan; therefore you will need to drink 1½ pints of water 1½ hours before the scan.

### **What happens when you arrive?**

Please note that our Clinical Team may be male or female.

Our Health Care Assistant will collect you from the waiting area and will explain what will happen and answer any questions.

You will be given a lot of information during your visit and it is not always easy to remember everything that the urologist has said to you – **therefore, we recommend that you bring somebody (like a family member or close friend) with you to your appointment.**

### **What is an ultrasound scan?**

The examination is performed by a Sonographer.

An ultrasound scan is a simple painless procedure that uses sound waves to produce an image. The sound waves cannot be heard but they are sent into the body and their 'echo' detected after they have been reflected by the internal organs.

In order to allow the waves to pass through the body, a water- based gel is applied to your abdomen and then an ultrasound probe is moved over that area. The sonographer will apply a little pressure to your abdomen to improve the image detail.

The images are viewed on a screen and you will be asked to breathe in and hold your breath at various intervals during the examination.

Once the examination is complete, the gel will be wiped away. It will not stain your clothing. Each scan takes approximately 15 minutes.

### **What happens at the consultation?**

Following your scan, you will then go in to see the Urologist who will begin by asking you some questions about your symptoms and how long they have been there.

You will also be asked about your medical history and if you take any regular medication. It would help if you could bring a list of any medication you are taking.

### **What happens next?**

This depends on the results of the investigations performed on the day.

The results will allow the urologist to advise you about any necessary further treatment, tests or appointments. This will be discussed with you at your appointment and a report will be sent to your GP within 2 working days.