

معهد دسمان للسكري  
Dasman Diabetes Institute



مركز  
Center

ALL YOU NEED TO KNOW FOR YOUR  
ULTRASOUND

## ? WHAT IS ULTRASOUND?

*Ultrasound* is a noninvasive imaging technique that uses high frequency sound waves and their echoes to produce images of organs and body's internal structures. A probe sends the sound waves into the body and depending on the echoes received back 2D images are formed on a screen. The radiologist then interprets these images and makes a report.



## ? WHAT IS DOPPLER ULTRASOUND (VASCULAR LAB)

Doppler ultrasound is a special type of ultrasound that evaluates blood flow of upper and lower limbs. It uses sound waves to evaluate the body's circulatory system. This helps to identify blockages in the arteries and veins and detects blood clots. The use of cuffs applied at different positions on the limb in order to produce compression is one reason that makes this study different from a regular ultrasound.

## 🛡️ HEALTH AND SAFETY EFFECTS

Ultrasound and vascular lab imaging does not use ionizing radiation and do not use radiation (as used in x-rays). It has no known harmful effects. It is a safe and painless procedure. It provides a clear picture of soft tissues that are not seen as clearly on x-ray images.

### WHAT TO BRING ON THE DAY OF YOUR APPOINTMENT:



Request form



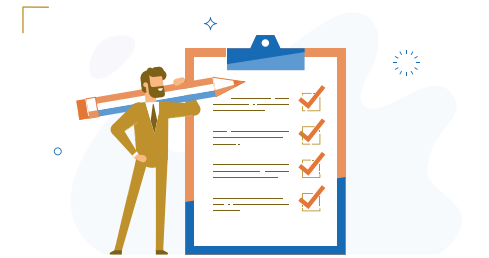
Civil ID



Insurance card



Reports, CDs, films, etc. of any prior relevant studies you may have undergone as these will be helpful in better assessing your condition (such as prior ultrasounds, X-rays, MRI scans, CT scans)



## 📄 PREPARATION

How to prepare for your exam depends on the type of exam you are having. At the time of your appointment you will be given instructions specific to your test. Please follow them carefully in order to obtain a good study.

Below are some expected guidelines for common ultrasound studies:

### ABDOMEN

You will be asked to fast for 4-6 hours. However, you may drink water or fruit juices. Avoid milk, dairy products and any other food containing fat, butter or oil before your test.

If you have any specific problem with fasting, please mention it to the person booking your appointment.



### PELVIS

A full urinary bladder is required to evaluate the bladder and prostate in men and bladder, uterus and ovaries in females. For this, you will have to drink about one liter of water and refrain from using the bathroom to ensure your bladder is full.



In case of an abdomen & pelvis study, both sets of guidelines mentioned above will have to be followed.



**PLEASE NOTE:** For ultrasound of thyroid, testes/scrotum, Doppler ultrasound for neck, limbs, abdomen and vascular lab studies, no specific preparation is required.



## ON THE DAY OF APPOINTMENT

- Please arrive at the Diagnostic Imaging Reception at least 30 minutes before your test. This allows plenty of time for the registration process including cashier stamp. Failing to attend within 15 minutes of the given appointment time will unfortunately lead to its cancellation.
- Parent or guardian of patient younger than 16 years of age must accompany the patient.



- You may be asked to remove jewelry and change into a gown before your exam. You will be asked to lie down, and the lights will be dimmed so that the pictures on the computer screen can be seen more clearly. A gel will be applied to your skin in the area of the examination. The radiologist will slowly move a probe over the area while viewing the images produced on the screen.

- If you are having a vascular study of your limbs, wear loose fitting clothes to allow easy access to different parts of your limbs.
- It is advisable that you leave all valuables at home.
- You will lie down on an examination table for the test and depending on the area being examined you may be asked to change positions for better visualization of your internal structures.



- The doctor will apply gel to the area so the probe can glide easily over your skin without any air in between.
- During the test the doctor will look for specific markers and may take certain measurements.

- For upper and lower limb vascular studies, please inform the nurse or technician of any recent surgeries, mastectomies, presence of dialysis fistulas, bypass grafts, etc.
- In some studies, several cuffs will be applied at different locations on your limb and measurements will be taken.
- For venous blood flow studies, pressure will be applied by squeezing your limbs by hand.
- A small degree of discomfort is expected in such exams.
- For carotid doppler study and thyroid ultrasound, your neck will be tilted back at an angle for better visualization of your vessels/gland.
- Generally, examinations take about 30 to 60 minutes to complete.



## ✓ AFTER YOUR TEST

After the procedure, the gel will be cleaned off your skin. You are free to continue with your normal activities after the test is finished.

You will be informed about when you will receive your results at the reception.

## 📍 CANCELLATION AND INQUIRIES

If you know that you will not be able to make it to your appointment, please let us know as soon as possible. This will enable us to free the appointment slot for other patients and help us to manage our patient flow more efficiently.

### FOR ANY INQUIRIES OR CANCELLATIONS:

📞 **DIRECT LINE:** +965 2221 6047  
**CALL CENTER:** +965 1877 877 ext. 7000, 7001

💬 **WHATSAPP:** +965 6505 5011

🕒 **WORKING HOURS**  
Sunday to Thursday, 7:30 AM - 3:00 PM

📍 **LOCATION**  
We are situated at the Basement Level 1 (B1) within the DDI building. Ample parking is available in the premises.

## 🌐 WE PROUDLY SERVE

1st Takaful Insurance Company  
Ain Takaful Insurance Company  
Aman Takaful Insurance Company  
AXA Insurance (Gulf)  
AXA PPP International  
Bahrain Kuwait Insurance Company  
Boubyan Takaful Insurance Company  
Enaya Insurance Company  
Ghazal Insurance Company  
Gulf Insurance Group (Takaful Unit)  
Gulf Insurance & Reinsurance Company  
Gulf Takaful Insurance Company  
ILAF Takaful Insurance Company  
KFH Takaful Insurance Company  
Kuwait Insurance Company  
Libano-Suisse Insurance Company  
National Takaful Insurance Company  
United Insurance Company  
Wethaq Takaful Insurance Company  
ZAIN Mobile Telecommunication Company

This list is constantly updated. Please check with our reception for other insurances.

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