

Diagnostic Imaging Center (Ultrasound)

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 to bring on the day of your appointment:

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

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 reception staff while 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 toilet to ensure your bladder is full. **In case of an abdomen and pelvis study, both sets of guidelines mentioned above will have to be followed.**

Note: For ultrasound of thyroid, testes/scrotum, Doppler ultrasound for neck ,no specific preparation is required.

On the day of the appointment:

- Please arrive at the Diagnostic Imaging Reception **at least 30 minutes before your test. Failing to attend within 20 minutes of the given appointment time may lead to cancellation.**
- Parent or guardian of patient **younger than 18 years** of age must accompany the patient.
- You may be asked to remove jewelry and change into a gown before your exam.
- It is advisable that you leave all valuables at home. **The center bears no responsibility if lost.**
- In case you have personal belongings, you can either give them to your relative/ attendant for safety. Alternatively, you can use the locker inside the procedure room.
- 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. A gel will be applied to you 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.

Generally, examinations take about 30 to 60 minutes to complete.

After your test:

- After the procedure, the gel will be cleaned off your skin.
- On completion of your test, you may proceed to reception for information about the collection of your report.
- You may resume regular activities and take all your medications as indicated by your doctor.

FOR ANY INQUIRIES OR CANCELLATIONS

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