



Patient Information Leaflet

Pelvic Ultrasound

What is a Pelvic Ultrasound?

Ultrasound examinations (scans) are obtained by creating pictures from the return of sound waves from the area the transducer probe (camera) is placed on your body.

Images (pictures) are taken for interpretation by doctors and Senior Radiographers trained in this speciality. Ultrasound scans can be used to diagnose a variety of conditions.

Pelvic ultrasound scans can monitor changes in the uterus (womb) and the ovaries. There are two ways of performing a pelvic scan.

1. For a transabdominal pelvic scan, you will be asked to drink water to fill your bladder. The ultrasound probe is placed on the skin in the lower part of your abdomen.
2. For a transvaginal scan, a special probe is placed into the vagina. This may provide additional information in certain instances.

How do I prepare for the examination?

We will ask you to drink at least one litre of water one hour before your appointment time. This is because you will need to have a **full bladder** for the pelvic (transabdominal) part of the scan. With appropriate filling you should feel a strong urge to void.

Please endeavour to have your bladder appropriately filled as by not having done so you may prolong your time in the hospital whilst you fill your bladder and this may also cause a knock on effect to other patients waiting also.

If an internal scan is deemed necessary, you will be required to empty your bladder **beforehand and you will be asked for your consent before proceeding. You are, of course at liberty to decline an internal scan.**

Do also tell the person doing the scan if you have any concerns or questions. The scan **can** be done while you are having your period, but it will not be done if you have not had an internal examination before.

What happens after the procedure?

If your scan was done as an outpatient appointment you will be allowed to go home. You will get the results of the scan when you next see the hospital doctor who referred you for this ultrasound.

The person doing the scan is not always able to give the results immediately, as he/she will need to look at the images carefully after the scan. Please do not be concerned or anxious if you are not given results on the day as this is normal procedure. A full report will then be written and your doctor will be informed of the results as soon as possible.

What if I cannot make my appointment?

Please contact us as soon as possible. We can then offer this date to another patient and agree a new appointment date and time with you. You will find the appropriate telephone number on your appointment letter.

Other FAQ's regarding Pelvic Ultrasound?

Are there any side effects of the scan?

-No you should not experience side effects from the ultrasound.

Will it hurt?

No the examination should not be painful. If at any stage you feel pain or discomfort please inform the person undertaking your scan.

Please arrive promptly for your appointed scan time to avoid the need to reschedule your appointment.

What does the examination involve?

You may be asked to undress and change into a hospital gown. We will then ask you to lie down on an examination couch and the lights will be dimmed to assist the person undertaking your examination. You may be asked some questions about your health before the scan begins.

A water-soluble jelly is then applied to your lower abdomen for the pelvic part of the scan. You will be able to empty your bladder once the pelvic scan has been done.

If an internal (transvaginal) scan is required, the person doing the test will ask for your consent before proceeding. The transvaginal ultrasound probe is slightly thicker than your thumb and will be inserted into your vagina.

For reasons of hygiene, the transvaginal probe will be covered with a disposable latex (rubber) sheath and sterile gel is applied. Once inserted, the probe is moved around and rotated until the best images are obtained. The transvaginal scan normally takes approximately ten minutes to complete. Please let us know if you have a **latex allergy**, so that we can use an alternative probe cover if necessary.

