

Ultrasound

An ultrasound is a test using sound waves to look at parts of your body. You will not hear the sounds, but pictures will show up on the screen. An ultrasound is not an x-ray and does not cause pain. Review these instructions before your test so you know what you need to do to prepare for your test.

Arrive on time for your test. This test takes 20 to 40 minutes.

During the Test

- You will wear a hospital gown and lie on a table.
- Warm gel is put on your skin. A wand, called a transducer, is moved back and forth across your skin in the gel to take the pictures.
- You may need to hold your breath for some of the pictures.
- The staff checks the pictures before you go home. More pictures may be taken if needed.

Follow These Extra Instructions if Marked

If your test is to check a certain part of your body, follow the extra instructions marked:

Abdominal

- Do not eat or drink for 6 to 8 hours before the test.

Thyroid

- Remove any jewelry around your neck.
- A rolled up towel is placed behind your neck during the test.

Breast

- If you or your doctor felt a lump in your breast, you will be asked to point to it.
- The test can show if the lump is solid or filled with fluid, called a cyst.

Scrotum or Testicle

- You may need to stand up for some of the pictures.
- You may be asked to push as if you are having a bowel movement.

Pelvis

- You must drink 32 ounces or 1 liter of water for this test, so your bladder will be full.
- Finish drinking the water 1 hour before your test.
- During the test, pictures will be taken.
- You will be asked to go to the bathroom to empty your bladder. More pictures are taken.
- Female: A second part of the test may be done with your feet up in stirrups. A probe will be put into your vagina to take more pictures. The probe will then be removed.

After the Test

- Return to your normal activities.
- Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any question or concerns.