

超声检查

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.

超声波检查是一种使用声波观察身体部位的医疗手段。您不会听到声音，但是屏幕上将显示身体部位的照片。超声波不是 X 光，不会引起疼痛。在检查前请阅读本说明，了解如何配合检查准备。

请准时前来接受检查。这项检查需要 20 至 40 分钟。

检查期间

- 您需要身穿病号罩衣，躺在检查台上。
- 医护人员会在您的皮肤上涂抹温热的凝胶。在涂有凝胶的皮肤部位，工作人员会来回移动一根棒（传感器）拍摄照片。
- 在拍摄某些照片时，您可能需要屏住呼吸。
- 工作人员在您回家之前检查照片。如果需要，可能拍摄更多的照片。

如勾选，请遵循这些进一步的说明

如果您需要检查身体的某个部位，请遵循选项下的进一步说明：

腹部

- 检查之前 6 至 8 个小时切勿饮食。

甲状腺

- 摘除颈部所有珠宝。
- 检查期间，将一条卷起的毛巾垫在颈后。

□ 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.

□ 胸部

- 如果自己或医生觉得乳房有肿块，医生会请您指出它的位置。
- 检查可以显示肿块是实心还是充满液体（称为囊肿）。

□ 阴囊或睾丸

- 在拍摄某些照片时，您可能需要起立。
- 您可能被要求用力，好似排便时的动作。

□ 盆腔

- 在检查前，您必须饮用 32 盎司或 1 升水达到膀胱充盈。
- 检查前 1 小时喝完这些水。
- 检查期间将拍摄照片。
- 随后您需要前往洗手间排空膀胱。拍摄更多的照片。
- 女性：在检查的第二部分，要求您将双脚放在脚蹬上。探头将插入您的阴道，拍摄更多照片。然后取出探头。

检查之后

- 恢复您的正常活动。
- 检查结果会发送给医生。医生会告知您检查结果。

如果有任何疑问或担心，请咨询医生或护士。