

Having an ultrasound scan

Department of Radiology

Information for Patients

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Introduction

If you are an outpatient please read your appointment letter carefully. It tells you which hospital your appointment is at and how to get to the Radiology Department.

This leaflet tells you about your examination. Please read it carefully as it has important information and instructions.

What is an ultrasound scan?

An ultrasound scan is a painless examination. It uses high-frequency sound waves to create an image of the inside of the body. It can be used to scan an unborn baby, some of the organs, blood vessels, muscles or tendons of the body.

The scan uses a small device called a probe. High-frequency sound waves from the probe bounce off different parts of the body. The echoes or reflections are picked up by the probe and turned into an image on the screen.

How do I get ready for my ultrasound scan?

- Please check your appointment letter for any instructions.
- For some scans you do not need to do anything to get ready. Your appointment letter may say 'no preparation required for this examination'.
- For some scans you will need to follow some instructions to get ready for the scan. Please follow any instructions on your appointment letter carefully. If you do not, we may not be able to do your scan.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

- **If you have diabetes and your letter tells you not to eat** before your scan please speak to your normal diabetes care provider about the eating and drinking instructions. If we have not given you an early morning appointment it may be that we have not been told that you have diabetes. You can contact the Radiology Department on the phone number in your appointment letter or at the end of this leaflet to ask for an early morning appointment.
- **If you are on medication** from your doctor please continue to take this as normal.
- You may be asked to take off some of your clothes and put on a hospital gown for your scan. Please bring something to put your belongings in, such as a carrier bag.

Who will be doing my scan?

A doctor or radiographer who specialises in ultrasound scans (a radiologist or a sonographer) will do your scan. There may also be a radiology assistant in the room.

As we are a teaching hospital a student may also be in the room. If you do not want this, you can ask that a student is not in the room when you have your scan.

We have both male and female staff in our department. If you specifically ask for a male or a female to do your scan we will try to arrange this, but we cannot guarantee who will be doing your scan until the day of the appointment. If we are not able to do this your appointment may need to be rebooked.

What happens during my ultrasound scan?

- When you get to the Radiology Department you will be shown to the ultrasound waiting area.
- You may be shown to a changing cubicle so you can take off some of your clothes and put on a hospital gown.
- We will take you into the ultrasound room. You can ask any questions that you may have about the scan.
- We will ask you to sit or lie down on the ultrasound table. It depends on which part of your body is being scanned.
- We may ask you to move some of your clothing out of the way of the area being scanned.
- A water-based gel will be put on your skin. The ultrasound probe will be moved over this area. The gel may feel cold.
- Paper tissue may be used to stop the gel from getting onto your clothes, but this cannot always be completely avoided. The gel should not stain your clothes but we cannot guarantee this.
- After the scan you can wipe the gel off, get dressed and go home.
- You may eat and drink normally.

How long will it take?

- The time taken to do a scan will be different for each patient.
- Most ultrasound scans take up to 15 minutes.
- A scan to look at muscles and tendons (musculoskeletal ultrasound) can take up to 30 minutes.
- A scan to look at the blood vessels (vascular ultrasound) can take up to 45 minutes.

How do I get my results?

- You will not get the results straight away.
- The radiologist or sonographer will look at your scan pictures again.
- The results will be sent to the GP or hospital doctor who wanted you to have the scan.
- If you are an inpatient, the results will be sent to your ward.

Are there any risks or side effects?

Unlike some other scans (such as a CT scan), an ultrasound scan does not involve X-rays or ionising radiation. There are no known risks from the sound waves used in an ultrasound scan.

An ultrasound scan does not have any side effects. They are generally painless but you may have some discomfort as the probe is pressed over your skin.

What if I need to talk to someone?

If you have any questions or concerns, or cannot make the appointment:

- please call the Radiology department on **0116 258 8765** and select **option 4**. Monday to Friday 9am to 5pm, but not on bank holidays.



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk