

What is an ultrasound Scan? An ultrasound scan is a procedure that uses high-frequency sound waves to create an image of the inside of the body. A small device called an ultrasound probe is used, which gives off high-frequency sound waves.

You can't hear these sound waves, but when they bounce off different parts of the body, they create "echoes" that are picked up by the probe and turned into a moving image.

Ultrasound scans are used to look at many different parts of the body.

A pelvic ultrasound scan is done to assess your uterus (womb) and ovaries. This can be done in two ways: a **transabdominal pelvic scan** (scan over the top of your tummy) or an **internal transvaginal scan**.

Transabdominal Pelvic Scan (scan over the top of your tummy)

You will be asked to fill your bladder so the Sonographer can assess your uterus and ovaries. If you have been asked to fill your bladder it is very important to follow the preparation you have been given, if

your bladder is not well filled the Sonographer may not be able to complete the scan.

Internal Transvaginal Scan

An internal transvaginal scan often allows the Sonographer to see the womb and ovaries in more detail.

A small ultrasound probe, not much wider than a finger, with a sterile cover, is gently passed into the vagina. The sonographer will then move the probe to see the uterus and ovaries.

The internal transvaginal scan is carried out with an empty bladder.

The type of scan you are offered will depend on why you have been referred for a scan. If you have been booked to have a transabdominal pelvic scan, you may also be offered an internal scan at your appointment.

An internal scan is not suitable for everyone, and some people may not wish to have it for personal reasons. If for any reason you can't or don't want to have an internal scan, please let the

booking team and Sonographer know. This will not affect your care in any way.

Who will I see? A Sonographer and their admin assistant will look after you.

Chaperone

There will always be an appropriately trained member of staff available to chaperone your scan. If you would like a chaperone, please let the Sonographer know.

How long will it take?

The scan usually takes about 10 to 15 minutes. Your total time in the department is likely to be about 30 to 40 minutes.

Are there any risks? There are no known risks and ultrasound is considered to be safe.

Can I bring a relative or friend?

You can bring a relative or friend to wait with you. However, you will be asked to come into to scan room on your own. If you have a carer or require assistance, this can be discussed with the

Sonographer on the day. Alternatively, you can call booking team in advance of your appointment.

What happens during the scan? The Sonographer will explain the ultrasound procedure to you. You will be advised if you have to remove any clothes before the scan, in which case you will be asked to do so behind a curtain in the examination room. You will be asked to lie down on a couch and the lights in the room will be dimmed so that the pictures on the screen can be seen more clearly.

Gel will be applied to your skin over the area to be scanned - this allows the probe to slide easily over the skin. The Sonographer will sit or stand beside you, while viewing the images on the screen. Selected images will be saved so that they can be viewed later.

Will it be uncomfortable?

Ultrasound itself does not cause any pain or discomfort. If a full bladder is required, you may be a bit uncomfortable for a short time. The Sonographer may need to press on the skin surface over your pelvis. This may increase your discomfort for a

short time, but only while the scan is being carried out.

Internal examinations may cause some discomfort, but don't usually cause any pain and shouldn't take very long.

When will I get the results?

The Sonographer will produce a written report of their findings after your examination which will be forwarded to your referring doctor. Your doctor will then discuss the findings of the report with you and, should it be necessary, plan any treatment or next steps.

Cancellations

If you are unable to attend your appointment, please call our bookings team to reschedule on **0345 241 3313** or **01473 344930** and select Option 1 . We might be able to offer this appointment to someone else who needs it. **In 2021, we had over 1300 missed appointments.**

If you require any further information, please call or email sgpfed.rbs@nhs.net



Pelvic Ultrasound A Guide for Patients