

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.

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.

Who will I see?

A Sonographer and their admin assistant will look after you.

Do I need to make any special preparations?

You will receive a text, email or letter with what preparation is required for your ultrasound examination. If you have forgotten what preparations you have to make, please call the Referral Booking Service on **0345 241 3313** or **01473 344930** and select Option 1.

Can I have a 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.

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 stomach and pelvis. This may increase your discomfort for a short time, but only while the scan is being carried out.

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 sensor to slide easily over the skin. The Sonographer will sit or stand beside you, slowly moving the sensor over your skin while viewing the images on the screen. Selected images will be saved so that they can be viewed later.

If you have been asked to fill your bladder and it is uncomfortably full, you should tell the Sonographer so that the

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 the referral booking team in advance of your appointment.

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

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.

examination can be completed as quickly as possible.

Cancellations

If you are unable to attend your appointment, please call our bookings team to. We might be able to offer this appointment to someone else who needs it. **In 2021, we had over 1300 missed appointments.**

Please make sure we have your

up-to-date contact details so we can contact you regarding your appointment.

If you require any further information, please call **0345 241 3313 or 01473 344930 and select Option 1** or email sgpfed.rbs@nhs.net



Ultrasound

A Guide for Patients

