

Breast Imaging Suite

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ULTRASOUND

An ultrasound is a non-radiation imaging technique used to help see inside the body. It is especially helpful in the areas of obstetric/gynecological (OB/GYN), abdominal, breast and vascular disease.

- **Abdominal Ultrasound** An abdominal ultrasound can include examination of the aorta, gallbladder/biliary tract, common bile duct, kidneys, liver, pancreas and spleen.
- **OB/GYN Ultrasound** This type of exam may be performed for pregnancy diagnosis, amniocentesis, ectopic pregnancy, fetal age determination, placenta localization, IUD localization, pelvic examination, and urinary bladder examination.
- **Miscellaneous Ultrasounds** Miscellaneous ultrasounds may be performed for breasts, testes, chest, parathyroid, thyroid, pylorus (stomach) and neonatal (abdomen or kidneys).

Preparation

Instructions specific to your exam will be provided to you from your doctor, or the scheduling department at Concord Hospital (guidelines are listed below). Be sure to follow all instructions carefully to ensure a quality exam. Failure to do so may result in a poor quality exam and/or a delay in performing your exam. Many of the miscellaneous ultrasounds require no preparation.

- **Abdomen (liver, gallbladder, spleen, or aorta)** Nothing by mouth eight hours before the exam.
- **Pelvis** Drink 32oz non-carbonated liquid one hour prior.
- **Kidneys (renal)** Nothing by mouth for four hours prior (unless specified).
- **Kidneys & Bladder** Nothing by mouth for four hours prior (unless specified). Drink 32oz non-carbonated liquid one hour prior.
- **Bladder** Drink 32oz non-carbonated liquid one hour prior.
- **Amniocentesis** Drink 24oz non-carbonated liquid one hour prior.
- **Obstetrical (OB, pregnancy)** Less than 12 wks – 1st trimester: Drink 32oz non-carbonated liquid one hour prior.
 More than 12 wks – 2nd & 3rd trimester: Drink 24oz non-carbonated liquid one hour prior.
- **Biophysical Profile** Drink 20oz non-carbonated liquid one hour prior.
- **Scrotal (testicular), Spine, Thyroid, and Breast** No preparation needed.

(continued)

ULTRASOUND *(continued)*

The Procedure

The technologist will bring you to the exam room where the procedure will be explained to you. If you are having a biopsy during your ultrasound, you will be asked to sign a permission (consent) form.

You will be instructed to lie on the ultrasound bed for the exam. The technologist will apply a special gel to your skin and/or to the imaging instrument. This gel is essential to the imaging process. You will be given a towel to clean the gel from your skin when the exam is completed.

For certain OB/GYN exams, your physician or the radiologist may request a trans-vaginal ultrasound. During this exam you will be asked to place a special instrument as you would place a tampon. A female observer (typically a nurse or technologist) will be present for these exams. The radiologist or technologist performing the exam will then obtain the required images.

You may experience some discomfort as the instrument is moved. Any pain should be mentioned immediately to the radiologist or technologist.

After the Exam

The radiologist, a physician specially trained to interpret ultrasound, will study your test and provide your doctor with a detailed report. Your physician will then discuss the results with you and explain what they mean relative to your health.