**What is a Pelvic Ultrasound Scan**

- An Ultrasound examination is the use of high frequency sound waves passed through the skin into the body. The sound waves are reflected back when they reach an internal organ. These returning echoes form a picture which is displayed on a monitor and interpreted by the operator.

- The examination is performed by a Sonographer (specialist performing ultrasound) or Radiologist (Doctor who specialises in diagnostic imaging).

- Please be aware that we have student Sonographers training in our department who may be present during your examination and may contribute to your care. You have the right to refuse.

**Why do I need this test?**

- Your doctor or consultant has asked us to carry out an ultrasound examination of your pelvic organs, such as your uterus, ovaries and bladder.

- Ultrasound plays an important role in the evaluation of gynaecological problems and can help provide a diagnosis and exclude possible causes for pelvic pain.

- The Ultrasound examination is relatively quick and pain-free.

- If you wish to discuss any possible alternatives to this test, please refer to you Doctor.

**What are the Risks with this test?**

- Ultrasound has been in use for over 25 years and there is no evidence to suggest it causes any harm to the patient.

**What do I need to do to prepare?**

- Please refer to your appointment letter and follow the instructions carefully, as the preparation may vary according to the examination your doctor has requested. For example you may be required to starve and/or drink plenty of fluids.

- Generally, for pelvic ultrasound you will be required to have a full bladder, which acts as a “window” because it pushes the bowel out of the way and allows the sonographer or Radiologist a clearer view of the uterus and ovaries.

- Although you may be provided with a gown you could be required to walk a short distance from the changing cubicle to the examination room through the waiting room. You may wish to bring a dressing gown and slippers with you.

**What happens when I arrive?**

- Please report to the main reception area in the Diagnostic imaging X-ray department which is located on the ground floor of the Duchess Building. Your personal details such as name and date of birth will be checked on the computer by our receptionists. Please let them know if any of the information we hold is incorrect.

**What does the procedure involve?**

- There are two methods of scanning: transabdominal ultrasound and transvaginal ultrasound (internal scan). The two methods of scanning complement each other and provide an extensive evaluation of the pelvis. Should the transabdominal ultrasound provide all the information required you may not need the transvaginal scan.

- Transabdominal scans need a full bladder and this gives the sonographer a good overview of the entire pelvis.

- Transvaginal scans (internal scans) require an empty bladder and your verbal consent. This type of scan provides a more detailed scan of the uterus and ovaries, because we are able to use a high frequency
vaginal probe which improves the image quality.

Transvaginal scans will not be performed if:
(a) you are under 16 years of age.
(b) You have never had an internal examination previously.
(c) You are still a virgin.

- Transvaginal scans can be performed at any time during a woman’s life, such as pregnancy, during menstruation or after the menopause.
- Once you have emptied your bladder you will be asked to remove your underwear and lie on the couch with your knees flexed. A cushion may be placed under your hips to elevate your pelvis to allow for free movement of the vaginal probe. You may experience a little discomfort but it should not be painful. If you are in a great deal of pain the examination will be discontinued.
- The vaginal probe is covered with a sterile protective sheath and then lubricated with gel to make the insertion into the vagina easier. Please inform the sonographer if you have a latex allergy as latex free sheaths are available.

- If you wish, you may have a friend or relative with you during the examination.

What happens after my procedure?
- There are no known side effects to this examination.
- After the examination you can dress and go. If you require a toilet you will be shown the nearest one.
- Once your images have been taken they will be passed on for a report to be issued and sent to your doctor usually within 2 weeks.

What if I am taking medication?
- You may continue to take all your medication as normal. If you have any worries please contact your GP or the Imaging Department.
- Please see the appointment letter for details.

If you have any further questions?
- Please do not hesitate to ask any questions either before, during or after the examination.
- You can ask a member of staff or call us on the following number:

Appointment queries...........01823 343509

Having a Gynae Ultrasound Scan
“A Woman’s Guide”

Musgrove Park Hospital