

# Care Gram

# Ultrasound at the Licking Memorial Pataskala Health Campus

One Healthy Place, Pataskala, Ohio

**Date of Test:** \_\_\_\_\_ **Test Time:** \_\_\_\_\_

## Welcome

Welcome to the Licking Memorial Pataskala Health Campus. Your doctor has requested an ultrasound test. This test is performed by a sonographer who specializes in performing ultrasound studies.

## How the Test Works

Ultrasound imaging is performed using a transducer. This is a lightweight device that produces sound waves at such a high frequency that humans are unable to hear it. The sound waves reach soft tissues and organs inside the body, producing echoes. The echoes are sent back to the transducer which change to an image on a video screen. There are special transducers which can be put into the vagina and rectum to image these areas of the body.

If you have questions about the test, please call your ordering doctor.

## Preparation

- Abdomen, liver, kidneys, aorta, gallbladder or pancreas
  - The night before the test:
    - Eat a low-fat dinner before 7:00 p.m. Eat all or some of these foods only:
      - Very lean meats (boneless, skinless chicken, turkey breast, or fish – no gravy or sauce)
      - Vegetables and baked potato (no butter, sour cream, or sauces)
      - Salad with fat-free salad dressing
      - Toast or bread with jelly (no butter)
      - Fruit and jello
      - Drinks: fruit juice, Gatorade<sup>®</sup>, black coffee, tea (no milk products or creamer)
    - You may drink fluids until midnight and nothing to eat or drink afterward
  - The morning of the test:
    - Medications may be taken with no more than 4 ounces of water



**Licking Memorial  
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- Kidneys with bladder, kidneys for hematuria or kidneys for stones
  - Follow prep as above for night before test.
  - The morning of test:
    - 2 hours before the test, empty your bladder
    - Drink 1 quart of fluid (no carbonated beverages or milk products) over the next 30 minutes – your bladder must be full for a good test
    - Do not go to the bathroom until your test is complete
  
- Head, neck, breasts, testicles or knees
  - No preparation is needed for these body sites
  
- Pelvis, lower abdomen, bladder, pregnancy, placenta or fetal age
  - 2 hours before the test, empty your bladder
  - Drink 1 quart of fluid (no carbonated beverages or milk products) over the next 30 minutes – your bladder must be full for a good test
  - Do not go to the bathroom until your test is complete
  
- Prostate Transrectal
  - No preparation is needed for these body sites
  
- Prostate Transabdominal
  - Full bladder preparation (your doctor will give you instructions)

**Allowing Time**

The test may take 15 to 45 minutes. You should allow more time for your entire visit.

**Your Role**

1. Be sure to follow the right preparation for your test.
2. Relax during the test – it is important to hold your breath when asked to do so.

**Registering**

Please report directly to Suite 201 on the Licking Memorial Pataskala Health Campus second floor 15 minutes before your scheduled test time.

**During an Ultrasound**

For the test, you will be asked to remove your clothing and wear a gown and robe. You will then lie on a test table. A warm gel will be put on your skin at the body part to be viewed. The sonographer will move the transducer gently across your skin.

**After the Test**

You may return to your regular diet unless you have other tests scheduled.

**Finding Out the Results**

The radiologist will study the test and give the findings to your doctor. Your doctor will talk to you about the results.