

Care Gram

Ultrasound

Date of Test: _____ **Test Time:** _____

Welcome

Welcome to Licking Memorial Hospital (LMH) Radiology Department. 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 do not hear it. The sound waves reach soft tissues and organs inside the body, producing echoes. The echoes are sent back to the transducer changing them to an image on a video screen. There are special transducers which can be put into the vagina and rectum to image those areas of the body.

Preparation

Abdomen, liver, 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®, black coffee, tea (no milk products or creamer)
 - You may drink fluids until midnight, and then nothing to eat or drink afterward
- The morning of the test:
 - Medications may be taken with no more than 4 ounces of water

Kidneys without bladder

- Do not eat or drink anything for 3 hours prior to the test

Kidneys with bladder, kidneys for hematuria (blood in your urine), kidneys for stones

- Do not eat or drink anything for 3 hours prior to the test, except as noted below
- Drink 1 quart of water 1½ hours prior to the test
- Do not use the restroom until after the test



**Licking Memorial
Health Systems**

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- Head, neck, breast, testicles, or knees
 - No preparation is needed for these body sites

- Pelvis, lower abdomen, bladder, placenta, for pregnancy or fetal age
 - 2 hours before the test, empty your bladder
 - Then 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
 - Drink two 8 ounce glasses of water

- 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 the Radiology Department on the first floor of LMH. Come to this area 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.

Appointment Reminder

- If you have questions about the test, please call (220) 564-4710
- Go to the Radiology Department on the first floor 15 minutes before the test

Licking Memorial Health Systems complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1 (220) 564-4006 (TTY: 1 (220) 564-4729).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1 (220) 564-4006 (TTY: 1 (220) 564-4729)。