

Having a pelvis ultrasound scan

Department of Radiology

Information for Patients

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Introduction

If you are an outpatient please read your appointment letter carefully. It tells you which hospital your appointment is at and how to get to the Radiology Department.

This leaflet tells you about your examination. Please read it carefully as it has important information and instructions.

What is an ultrasound scan?

An ultrasound scan is a painless examination. It uses high-frequency sound waves to create an image of the inside of the body. It can be used to scan an unborn baby, some of the organs, blood vessels, muscles or tendons of the body.

The scan uses a small device called a probe. High-frequency sound waves from the probe bounce off different parts of the body. The echoes or reflections are picked up by the probe and turned into an image on the screen.

How do I get ready for a pelvis ultrasound scan?

- You need a full bladder for this scan.
- Do not pee (empty your bladder) for 2 hours before your appointment.
- Drink at least 1 pint of fluid between 1 to 2 hours before your appointment.
- Please follow these instructions carefully. If you do not follow the instructions, we may not be able to do your scan.
- If you are on medication from your doctor please continue to take this as usual.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Who will be doing my scan?

A doctor or radiographer who specialises in ultrasound scans (a radiologist or a sonographer) will do your scan. There may also be a radiology assistant in the room.

As we are a teaching hospital a student may also be in the room. If you do not want this, you can ask that a student is not in the room when you have your scan.

We have both male and female staff in our department. If you specifically ask for a male or a female to do your scan we will try to arrange this, but we cannot guarantee who will be doing your scan until the day of the appointment. If we are not able to do this your appointment may need to be rebooked.

What happens during my ultrasound scan?

- When you get to the Radiology Department you will be shown to the ultrasound waiting area.
- We will take you into the ultrasound room. You can ask any questions that you may have about the scan.
- We will ask you to lie down on the ultrasound table. We will ask you to move some of your clothes out of the way of the lower part of your tummy (abdomen).
- A water-based gel will be put on your skin. The ultrasound probe will be moved over this area. The gel may feel cold.
- Paper tissue may be used to stop the gel from getting onto your clothes, but this cannot always be completely avoided. The gel should not stain your clothes but we cannot guarantee this.

Most female patients who are having a scan of their pelvis are offered an internal scan (transvaginal ultrasound scan). If a transvaginal scan is needed it will be explained to you on the day.

What is a transvaginal ultrasound scan?

The scan uses a narrow ultrasound probe specially designed for internal scans. The probe is not much wider than a finger or tampon. During the scan the probe is put a short way into the vagina to get closer to the pelvic organs.

The images of the uterus and ovaries from an internal scan are usually clearer and more detailed than when scanning over the tummy (abdomen).

How do I get ready for a transvaginal scan?

After the scan over your tummy, you will be asked to go to the toilet and pee to empty your bladder. A full bladder may prevent a clear view of your pelvic organs during an internal scan.

If you have a tampon in, you will need to remove it when you go to the toilet just before the scan.

Please tell the person doing the scan if you have an allergy to rubber (latex).

What happens during the transvaginal ultrasound scan?

- After you have emptied your bladder you go back into the ultrasound room where the scan will be explained to you. You can ask any questions that you have about the scan.
- We will ask you to take off your pants, and trousers if you are wearing them. If you are wearing a skirt or dress you can pull it up. They do not usually need to be taken off.
- We will ask you to lie down on the ultrasound table in a position that allows the scan to be done easily.
- We disinfect the transvaginal ultrasound probe before use. We then put a sterile cover over it. It is important that you tell us if you have an allergy to rubber (latex).
- The person doing your scan will put some lubricating gel on the end of the probe. They will then insert the probe very gently into your vagina. It will feel similar to having an internal examination by a doctor or nurse. The probe does not enter the cervix and most patients find it easier (less uncomfortable) than a cervical screening test. The probe will then be moved around slowly in order to look at the uterus and ovaries.
- During the scan you may feel some minor discomfort but it should not be painful. However if it becomes too uncomfortable or you change your mind, it can be stopped at any time.
- When the scan is complete, the probe will be carefully removed. You can wipe away the gel with some tissue and get dressed again.

Should I have a transvaginal ultrasound scan?

Most patients who have a pelvis ultrasound scan are offered a transvaginal ultrasound scan to help get good pictures of the womb (uterus) and ovaries. If you are offered a transvaginal scan, it can still be done in pregnancy, if you are having a period (menstruating), or if you have a coil.

If you have never been sexually active or never had internal examinations or tests you may still be offered the transvaginal scan. Please tell the person doing your scan if you are not sure about having the scan. They can talk to you and help you decide.

Before doing the scan we will ask your permission to do the test. You have the choice to decline the internal scan. We will not do this scan on someone who does not want an internal examination.

How long will it take?

The time taken to do a scan will be different for each patient.

Most pelvis ultrasound scans take up to 15 minutes in total.

What happens after the examination?

After the scan you can get dressed and go home.

You may eat and drink as usual.

How do I get my results?

- You will not get the results straight away.
- The radiologist or sonographer will look at your scan pictures again.
- The results will be sent to the GP or hospital doctor who wanted you to have the scan.
- If you are an inpatient, the results will be sent to your ward.

Are there any risks or side effects?

Unlike some other scans (such as a CT scan), an ultrasound scan does not involve X-rays or ionising radiation. There are no known risks from the sound waves used in an ultrasound scan.

An ultrasound scan does not have any side effects. It is generally painless, but you may have some discomfort as the probe is pressed over your skin or inserted into your body.

For a transvaginal scan:

If you are having a transvaginal scan and are allergic to rubber (latex), it is important to tell the radiologist or sonographer carrying out the scan so they can use a latex-free probe cover.

There is minimal risk of cross infection. The transvaginal ultrasound probe is cleaned thoroughly between each patient, and a single-use sterile cover is always used over the probe. The person doing the scan will always use clean gloves.

What if I need to talk to someone?

If you have any questions or concerns, or cannot make the appointment:

- please call the Radiology department on **0116 258 8765** and select **option 4**. Monday to Friday 9am to 5pm, but not on bank holidays.



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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