



# DEPARTMENT OF THE AIR FORCE

21ST MDSS/SGSS  
Peterson AFB Colorado  
556-1121

## ULTRASOUND EXAM INSTRUCTIONS

1. Your provider has requested an ultrasound examination. Diagnostic ultrasound is the use of high frequency sound waves to visualize various organs or parts of your body. There is no scientific evidence of harmful effects to patient or fetus in over 30 years since ultrasound has been used for diagnostic procedures.
2. Your ultrasound examination is scheduled for \_\_\_\_\_ at \_\_\_\_\_ hrs.
3. Your compliance with the following instructions will help us to provide you with a quality examination.
4. Most of the exam will be performed while you are lying on your back or side. Warmed gel will be applied to provide better contact between your skin and the transducer.
5. No visitors will be allowed in the rooms during exams. Only exceptions being a) minors may have one parent/guardian b) OB patients may have their spouse. **Due to safety issues, children under 12 are not permitted unless the exam is being performed on them.**
6. Please do not ask the sonographer any questions concerning the results of your exam. They are not authorized to give out any results. Any questions you have should be directed to your referring provider. If necessary, an attending radiologist (M.D.) may be available to answer your questions.
7. Please arrive at least 5-10 minutes early for your study. If you cannot make the appointment please call as soon as you can so another patient may be scheduled. **Our phone number is (719)-556-1121**; our phone lines are open to 1800 hrs (6:00 PM).
8. A chaperone is provided for all breast and endovaginal studies and **may be** available for other exams upon request.

\*\* Be sure that you follow **only** the instruction that is checked below or on the opposite side:

[ ] **OBSTETRICAL (OB) SONOGRAM:** Your provider has ordered an obstetrical ultrasound. This is a screening exam that looks at the fetus, uterus and placenta; however, it is not possible for sonography to detect all problems. Gross fetal abnormalities can be identified, but this screening examination is not specifically designed to detect all anomalies that can be associated with a developing fetus. Consume at least 32 oz of fluid (this may be Kool-Aid, tea, water or juice - no milk or carbonated beverages). **Start drinking at \_\_\_\_\_ and finish drinking by \_\_\_\_\_.** **DO NOT GO TO THE BATHROOM UNTIL YOUR EXAM IS COMPLETED.** A full bladder will enable us to examine the lower portion of the uterus. In early pregnancies, an endovaginal or transvaginal ultrasound is accomplished. This additional study helps visualize the fetus, uterus and ovaries much closer by placing an ultrasound transducer into the vagina. The scan takes approximately 30-45 minutes to complete. Please do not wear a one-piece garment such as a dress. If your bladder is not full you may be rescheduled. ***We do not allow nor do we have the capability of video taping your examination. Sonographers are not allowed to give you pictures or tell you the sex of the fetus, so please don't put them in an uncomfortable position by asking.***

[ ] **PELVIC SONOGRAM:** Your provider has ordered an ultrasound study of the female reproductive system. In order to visualize your uterus and ovaries adequately, a full bladder is necessary for the first part of the exam. You will need to consume 32 oz of fluid (this may be Kool-Aid, water or juice - no milk or carbonated beverages). Empty your bladder **PRIOR TO BEGINNING** this preparation.

**START** drinking at \_\_\_\_\_ and **FINISH** drinking by \_\_\_\_\_.

**DO NOT GO TO BATHROOM UNTIL YOUR EXAM IS COMPLETED.** The first part of this exam will take approximately 10-15 minutes to complete. We will then allow you to empty your bladder and proceed to the second part of the study, in which an endovaginal ultrasound will be accomplished. This additional study examines the structures of the reproductive system in greater detail by placing an ultrasound transducer into the vagina. The combination of these two exams will give the best overall evaluation of your pelvic anatomy. This scan takes approximately 15 minutes to complete. Please do not wear a one-piece garment such as a dress. **If your bladder is not full you may be rescheduled.**

[ ] **BREAST SONOGRAM:** Your provider has ordered an ultrasound study of the breast. There is no preparation for this exam. Please do not wear a one-piece garment such as a dress. This procedure is a limited examination to further evaluate either a palpable breast abnormality or an abnormality seen on your mammogram. The primary purpose of this examination is to determine if the abnormality is a fluid filled cyst or a solid mass. A solid mass often requires further tests whereas a fluid filled cyst is almost always benign and requires no further work-up.

[ ] **ABDOMINAL/ AORTA SONOGRAM:** Your provider has ordered an ultrasound study of the upper abdomen. Please avoid all gas-producing foods, such as beans or carbonated beverages (or anything that particularly affects you this way), for three days prior to your study. Do not eat or drink anything after midnight the night prior to your exam. In addition do not smoke or use any other tobacco products or chew gum after midnight the night prior to your exam. Although necessary medication may be taken with a small amount of water, please hold all **unnecessary** medication until after your exam. This scan takes approximately 30 minutes. Please do not wear a one-piece garment such as a dress.

[ ] **RENAL SONOGRAM:** Your provider has ordered an ultrasound study of the kidneys and bladder. Please avoid gas-producing foods and carbonated beverages the day prior to your study. Do not eat anything after midnight the night before the exam. Infants and children under 5 years of age should not eat one hour prior to the exam. Your bladder also needs to be full. Drink at least 24 oz of water (water only) one hour prior to your exam. This will distend your bladder so it can be examined completely. This exam takes approximately 30 minutes. Please do not wear a one-piece garment such as a dress.

[ ] **CAROTID DUPLEX/THYROID:** Your provider has ordered an ultrasound study of the carotid arteries in your neck or thyroid gland. There is no preparation for this exam other than wearing an open-neck or V-neck shirt. The carotid exam lasts 60-90 minutes, the thyroid approximately 30 minutes.

[ ] **VENOUS DUPLEX:** Your provider has ordered a study of the large veins running from your upper leg (groin) to behind your knee. There is no preparation for this exam, although you are welcome to bring shorts to wear in lieu of a gown, and it lasts about 20 minutes.

[ ] **OTHER:** For the study your provider has ordered, you should have the area that will be scanned clean. For children who are bottle-fed it would be helpful to delay feeding until the exam, this gives the child something to do while being examined.

**Please make childcare arrangements for this appointment. Children cannot accompany you to your appointment, unless they are the one scheduled for the exam.**