



Phoenix
Health
Solutions

PATIENT INFORMATION

**Preparation for abdominal / pelvic ultrasound
scans**

ULTRASOUND SCAN PREPARATION

An ultrasound scan examination obtains a picture of the inside of the body without the use of X-rays. It involves inaudible sound waves being transmitted through the skin and reflected back by internal organs and structures. From these, a picture is produced on a TV screen.

A transvaginal (TV) scan may be performed. This is an internal scan.

The examination is pain free and is usually completed within 20 minutes.

Instructions to patient

- Please refrain from eating for 6 hours prior to your appointment. In your case, a full bladder is required. Please drink 1 to 1 ½ pints of water, finishing one hour before the appointment. **Do not** empty your bladder until after the examination.
- Please do not smoke or chew gum for 2-3 hours prior to your appointment
- **Do not** stop taking vital medications such as steroids, heart drugs, blood pressure tablets etc.
- If you are not able to attend, please contact us to rearrange your appointment. We are then able to offer the appointment to someone else.
- We regret, no further appointment will be given for non-attendance

Note: If these instructions are not followed then we will not be able to perform the ultrasound scan.

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