



**Phoenix**  
Health  
Solutions

## **PATIENT INFORMATION**

**Preparation for abdominal pelvis / kidneys / renal  
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.

Air in the path of the ultrasound waves spoil the view. Usually the pelvic organs are overlaid by air within the bowel. A full bladder pushes the air contained in the bowel out of the way of the pelvic organs, resulting in a better view. Therefore, it is necessary to drink the appropriate amount of fluids before the examination. In the event of the bladder not being full at the time of the appointment, you may be given another appointment.

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 drink 1-1 ½ pints of fluid prior to your appointment, finishing 1 hour before your appointment.
- Please do not smoke or chew gum for 2-3 hours prior to your appointment.
- **Do not** empty your bladder until after the examination.
- **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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