

# Ultrasound

An ultrasound is a test using sound waves to look at parts of your body. You will not hear the sounds, but pictures will show up on the screen. An ultrasound is not an x-ray and does not cause pain.

**Arrive on time for your test.** This test takes 20-40 minutes.

## During the Test

- You will wear a hospital gown and lie on a table.
- Warm gel is put on your skin. A wand is moved across the gel to take the pictures.
- You may need to hold your breath for some of the pictures.
- The staff checks the pictures before you go home. More pictures may be taken if needed.

**If a box is checked** for a certain part of your body, follow the extra instructions:

- Abdominal: Do not eat or drink for 6-8 hours before the test.
- Thyroid: Remove any jewelry around your neck. A rolled up towel is placed behind your neck during the test.
- Breast: If you or your doctor felt a lump in your breast, you will be asked to point to it. The test can show if the lump is solid or filled with fluid, called a cyst.
- Scrotum or Testicle: You may need to stand up for some of the pictures. You may be asked to push as if you are having a bowel movement.
- Pelvis: You must drink 32 ounces or 1 liter of water for this test so your bladder will be full. Finish drinking the water 1 hour before your test. During the test, pictures will be taken. You will be asked to go to the bathroom to empty your bladder. More pictures are taken.
  - A second part of the test may be done with your feet up in stirrups. A probe will be put into your vagina to take more pictures. The probe will then be removed.

## **After the Test**

- Return to your normal activities.
- Test results are sent to your doctor. Your doctor will share the results with you.

**Talk to your doctor or nurse if you have any question or concerns.**