

Having an Ultrasound Scan

Radiology Department

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

This leaflet explains what happens when you come for an ultrasound scan at The Royal Wolverhampton NHS Trust (New Cross Hospital and Cannock Chase Hospital). It aims to help you understand what to expect and to answer some common questions. If anything is unclear, please speak to a member of the ultrasound team before, during, or after your appointment.

What is an ultrasound scan?

An ultrasound scan uses high-frequency sound waves to create pictures of the inside of your body. It helps doctors look at organs, blood flow, and soft tissues. The procedure is safe, painless, and does not use radiation. Ultrasound is routinely used for many parts of the body and for people of all ages.

Why have I been referred for an ultrasound?

Your doctor or healthcare professional has referred you for this test to help find the cause of your symptoms, monitor a known condition, or guide treatment. The information gained will help your care team make decisions about your diagnosis or ongoing care.

Do I need to prepare for my scan?

Any specific instructions for your scan will be sent to you in your appointment letter. Please read it carefully and contact the Imaging Department if you have any questions, particularly if you have diabetes or other medical needs that may affect your preparation.

What happens during the scan?

You may be asked to change into a gown and lie or sit on a couch. A clear gel will be applied to your skin, and a small handheld probe will be moved over the area being examined. This helps produce clear pictures on the screen. The scan usually takes between 10 and 30 minutes, depending on the area being examined.

The Sonographer may ask you to change position or hold your breath briefly. You should not feel pain, although there may be some mild pressure at times. Please let the Sonographer know if you feel any discomfort.

Photography and electronic recording of any kind is not allowed in the scanning room.

Who will carry out my scan?

A trained Sonographer or Radiologist will perform your scan. They are healthcare professionals who specialise in medical ultrasound imaging. A chaperone is available on request. You can also ask for staff of a particular gender, although this may require your appointment to be rearranged.

Children and ultrasound scans

Ultrasound is very safe for babies and children. One parent or carer may normally come into the scanning room with the child. Most children do not mind having ultrasound scans. Older children often enjoy watching the pictures on the screen. Ticklish children may find it hard to keep still – we will do our best to move the probe gently and make the experience as comfortable as possible.

If your child is very young, it may help to bring a feed, drink, or toy to keep them calm. You may also be able to hold your child on your lap during the scan if this makes them feel more secure.

Pelvic and transvaginal ultrasound scans

Pelvic ultrasound scans help us look at organs such as the uterus (womb), ovaries, and bladder. There are two ways of performing a pelvic scan:

- **Transabdominal scan:** This involves scanning over your lower abdomen with a full bladder. The full bladder helps provide clearer pictures of the pelvic organs
- **Transvaginal scan (TVS):** Sometimes, a clearer picture is needed, and the Sonographer may offer a transvaginal scan. This involves gently placing a slim, specially designed probe a short distance into the vagina. The probe is covered with a protective sheath and lubricating gel for comfort

This type of scan is entirely safe and often provides more detailed images. It is similar to having an internal examination, but no speculum is used. The procedure should not be painful, though you may feel mild pressure.

You will be asked for verbal consent before the scan begins, and you can ask to stop at any time. A trained chaperone is available for all intimate examinations. The scan can be performed during your menstrual period, pregnancy, or after menopause.

After your scan

You can eat, drink, and return to normal activities immediately after your scan. The Sonographer will prepare a detailed report, which will be sent to the doctor or clinic that referred you. They will discuss the results with you at your next appointment or review.

Is ultrasound safe?

Yes. Ultrasound is very safe and does not use ionising radiation. There are no known risks or side effects.

Changing or cancelling your appointment

If you cannot attend your appointment, please let us know as soon as possible so we can offer your slot to another patient. You will find our contact details on your appointment letter.

Accessibility and support

If you require an interpreter, mobility assistance, or this leaflet in another format such as large print, easy-read, audio, or another language, please contact us before your appointment.

Feedback and concerns

We are committed to providing the best possible service. If you have questions or feedback, please speak with a member of staff. For further support, you can contact the Patient Advice and Liaison Service (PALS):

Phone: 01902 307999 Ext: 85368

Email: rwh-tr.pals@nhs.net

Contact details

Imaging Department

The Royal Wolverhampton NHS Trust
Wolverhampton Road
Wolverhampton
WV10 0QP

Telephone: 01902 695921

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。