

## PATIENT INFORMATION

You are brought to the Ultrasound Department on a stretcher or in a wheelchair. You may have a short wait before we can take you into the exam room.

### What is an ultrasound test?

Ultrasound is a test that uses sound waves to take pictures of the inside of your body. It does not cause any pain.

### Before your test

★ Please let your nurse know if you are allergic to latex before this test. ★

### How to prepare for your test

- Abdominal Ultrasound for Gallbladder:** Depending on when the test is done, you may be offered a fat-free diet within the 12 hours before your test or you may not be offered any food at all. If you are given a meal tray, you should have food choices such as clear broth, steamed vegetables, and fresh vegetables and fruits. Do not eat meats, seafood, poultry, dairy, fried foods, margarine, butter, and oils.
- Abdominal Ultrasound for any other reason:** You may be offered a small, fat-free meal before your test or restricted to just fluids.
- Bladder, Pelvis, or Obstetrical Ultrasound:** You must have a full bladder. For two hours before your test, **do not** go to the toilet (urinate or go pee). One hour before your test, you will be asked to drink one litre (four cups) of non-carbonated water. If you have a urinary catheter in place, the nurses will clamp it to allow your bladder to fill. You can eat all foods.
- All other types of Ultrasound tests:** You can eat all foods.  
We will take pictures of your: \_\_\_\_\_

### What happens during the ultrasound test?

- During the test we put warm gel on your skin, and then we slide an ultrasound probe (special camera) over this area while we take pictures of the inside of your body.
- We may ask you to move into different positions or to take a deep breath and hold it.
- During the test, you might see colour on the monitor or hear noise from the machine.
- The test can take as long as one hour.

### How to get your test results

The initial results are written in your chart after the ultrasound is done. A written report is also sent to your doctor.