You are scheduled for an Abdominal Ultrasound on __________________________ at __________________________

Please report to TC100 in Mitchell Hospital 20 minutes before your appointment time to register for the test.

ABOUT ULTRASOUND
An ultrasound, or sonogram, is a test that uses sound waves to produce an image of the soft tissue structures inside your body such as; muscles, blood vessels and organs. A small, hand held device called a transducer is placed on the body over the area to be imaged. A gel is used to allow smooth movement of the transducer and improve image quality. The transducer sends sound waves into the body and processes the returned sound into an image on a video screen. The process is very similar to sonar used on ships. These images appear in real time and show movement. There are no known harmful effects associated with the use of ultrasound. Ultrasound does not use radiation.

An Abdominal Ultrasound can be either a Limited exam or a Complete exam. An Abdomen Limited includes the following structures:
- Liver
- Gallbladder/Biliary Tract
- Pancreas
- Spleen

An Abdomen Complete includes the above structures but also evaluates the Kidneys and Aorta.

PREPARATION FOR THE TEST
Please do not eat or drink for 6-8 hours before the test. Medications may be taken with small sips of water. If your test is scheduled for the afternoon, you may eat a light, fat free breakfast and avoid dairy products.

DURING THE TEST
An ultrasonographer will confirm your identity and escort you to the exam room. The ultrasonographer will ask you questions about your medical history. You will be asked to change into a gown removing only your clothes from the waist up. You will be asked to lie on your back on a padded scanning table. The ultrasonographer will raise your gown slightly to expose your abdomen and apply a scanning gel. The transducer will be moved across the front and sides of your stomach. You may be asked to take in a breath and hold your breath. You may also be asked to turn onto each side so that more images can be taken. The ultrasonographer will make you as comfortable as possible during your exam.

Before the exam is complete, the radiologist will review the images. Sometimes portions of the exam may need to be repeated. Either the ultrasonographer or the radiologist will repeat the images. The entire examination will take approximately 45 minutes.

AFTER THE TEST
After the exam, the ultrasonographer will provide you with towels to help remove the gel. You may resume your normal diet and activities. The results will be sent to your doctor. The ultrasonographer cannot provide results. If you have any questions about the procedure, please call the Ultrasound department at 773-702-1000, extension 5-9286.