



We look forward to welcoming you to InsideVue for your NHS ultrasound examination. This sheet contains information about your scan and the preparation required for your appointment. We are only a phone call away, so should you have any questions not answered by this sheet, please do call us on 01252 979478 or e-mail us at [frimleyicb.uss.ivl@nhs.net](mailto:frimleyicb.uss.ivl@nhs.net) and we'll be delighted to help. If for any reason you cannot attend or need to change your appointment, then please contact us immediately.

### Ultrasound

Ultrasound examinations involve sending high-frequency sound waves to the area under investigation and converting the returning echoes in to images. Ultrasound images are captured in real-time, they can show the structure and movement of the body's internal organs, as well as blood flowing through blood vessels. Ultrasound imaging is a non-invasive examination used by doctors to diagnose and treat medical conditions.

### Renal and Abdominal Ultrasound

A renal ultrasound provides pictures of the kidneys, bladder and ureters. An abdominal ultrasound will provide pictures of the abdominal organs.

The examination sometimes involves two scans, the first is undertaken with a full bladder while the second is performed once you have emptied your bladder.

### Preparation

You should wear comfortable, loose-fitting clothing for your ultrasound exam. You may need to remove all clothing and jewelry in the area to be examined.

### You need to:

**Drink 1 litre of water (approximately 5 large glasses) starting 1 hour + 30 minutes prior to the scan. Aim to complete drinking 30 minutes before the scan. Do not empty your bladder during this time.**

### AND

**Please do not eat for 6 hours prior to the scan. Clear fluids such as black tea or coffee, water and diluted squash are allowed. However, NO MILK BASED or FIZZY or ALCOHOLIC DRINKS.**

### Arriving for the Examination

Please arrive 5 to 10 minutes before your actual appointment time. Please **do not use the automated check-in system** but report to

Reception instead at Farnham Park Health Group (nurse's side).

### During the Examination

The majority of ultrasound scans are painless, quick and easy. For most ultrasound exams, the patient is positioned lying face-up on a special couch that can be tilted or moved. The clinician will apply some water-based gel on your skin to help the transducer (which is a hand-held device that sends and receives ultrasound signals) make secure contact with the body and eliminate air pockets between it and the skin. The transducer will be moved back and forth over the area to be examined until the required images are captured. There is usually little or no discomfort as the transducer is pressed against the area under investigation. Examinations are usually completed within 10 to 20 minutes.

### After the Examination

Once the imaging is complete, the gel will be wiped away. You should be able to resume your normal activities almost immediately. A report will be sent to your GP, usually within 1 working day. Your doctor will discuss the results with you.

### Quality of Service

We pride ourselves on the quality of our service and routinely undertake patient surveys to help inform and improve the quality of our service. If you are unhappy about any aspect of the care we have provided to you, then please call or write to our Operations Manager who will be pleased to help.

### How to Contact Us

Our correspondence address is:

**InsideVue Limited**  
Farnham Centre for Health  
Hale Road  
Farnham  
Surrey  
GU9 9QS

T: 01252 979478

E: [frimleyicb.uss.ivl@nhs.net](mailto:frimleyicb.uss.ivl@nhs.net)