InsideVue NHS Patient Factsheet

trans-abdominal & trans-vaginal ultrasound scan

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. If you have any questions not answered by this sheet, please call us on 01252 979478 or e-mail us at frimleyicb.uss.ivl@nhs.net. If you need to change or cancel your appointment, please contact us.

Ultrasound

Ultrasound examinations involve sending high-frequency sound waves to the area under investigation and converting the returning echoes into 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.

Trans-abdominal & Trans-vaginal Ultrasound

A **trans-abdominal (TA) pelvic ultrasound scan is an external examination** to look at the uterus and ovaries over the lower abdomen. A **trans-vaginal (TV) ultrasound scan is an internal examination** to look at the uterus and ovaries. Every person assigned female at birth aged 18 years or older is eligible to be offered a TVUS. The stage of your cycle does not normally affect either examination.

A TV scan normally provides the highest quality images of the uterus and ovaries, but you can choose which type of scan you would prefer.

If you choose to not have the trans-vaginal scan, you will need to fill your bladder, as described below, so that the trans-abdominal scan can be performed.

No preparation is required for a TV scan. If you are unsure, you can arrive with a full bladder and let the sonographer know during the appointment which scan you would prefer. In some cases, both scans can be performed if sufficient views are not obtained through one method.

Preparation

For the trans-abdominal (TA) scan:
Please drink 1 litre of water (approximately 5 glasses) starting at least 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.

No preparation is required for a TV scan.

Arriving for your 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.

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.

For a TA scan, 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.

For a TV scan, you will be asked to undress from the waist down. A transducer (similar in size to a tampon) covered with a lubricated non-latex protective sheath will be gently inserted approximately 2 inches into the vagina.

Examinations usually take between 10-20 minutes.

After the Examination

Once the imaging is complete, you can get dressed and resume your normal activies immediately. A report will be written and sent to your GP who will discuss the results with you. A follow up appointment with your GP approximately 1-2 weeks after the scan is suggested.

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

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