



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 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-vaginal and Abdominal Ultrasound

A trans-vaginal ultrasound scan (TVUS) is an internal examination to look at the uterus and ovaries. The stage of your cycle does not normally affect the examination. An abdominal ultrasound will provide pictures of the abdominal organs and is done externally.

Following national professional guidance, every person assigned female at birth aged 18 years or older is eligible to be offered a TVUS.

### Preparation

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

**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 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 (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.

For the TV scan you will be asked to undress from the waist down. A transducer (similar in size to a tampon) covered with a non-latex protective sheath will be gently inserted into the vagina and the transducer will be moved in different positions to look at the uterus and ovaries. Examinations usually take between 10-20 minutes.

### After the Examination

Once the imaging is complete, you can get dressed and resume your normal activities 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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