



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 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-abdominal Gynaecological Ultrasound

A trans-abdominal (TA) pelvic ultrasound scan is an external examination to look at the uterus and ovaries. The stage of your cycle does not normally affect the examination.

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 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.

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.

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 and eliminate air pockets between it and the skin. 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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