



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 [uss.ivl@nhs.net](mailto: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.

### Gynaecological Ultrasound

We perform two types of pelvic ultrasound:

- Trans-abdominal (Pelvic TA) - which is an external examination.
- Trans-vaginal (TVUS) - which is an internal examination.

The clinician will discuss both types with you before performing an examination. The stage of your cycle does not normally affect the examination.

Following national professional guidance, every person assigned female at birth aged 16 years or older is eligible to be offered 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.

TVS - no further preparation is necessary.

TA or combined TA Pelvic examinations: please drink about 1 litre (approximately 8 glasses) of water starting at least 1-1.5 hour before the 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 either Farnham Park health Group or Farnham Integrated Care Centre.

### 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.

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

If you wish to have a chaperone present for the examination please discuss this with the appointment team at the time of booking.

### 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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