



Ultrasound

**Your doctor has recommended
an Ultrasound (US).**

This is a guide to provide you with more information about what to expect of this investigation. If you have any questions about why you are to have this test, please ask your doctor. If you have any questions about the test, feel free to ask our staff.



WHAT IS AN Ultrasound?

An ultrasound is an examination using high frequency sound waves to create images.

Ultrasound does not involve radiation. The procedure is performed by a sonographer.

What to EXPECT during your examination?

After you enter the examination room, the sonographer will ask you some brief questions concerning your medical history and current symptoms. You will be asked to lie on an examination table and the sonographer will apply a gel to the skin. A transducer is moved across the area to be imaged, while watching a continuous image on a computer screen and images are recorded. No discomfort is usually felt during the examination.

It is not unusual for the radiologist to come in and speak with you and view the images on the screen.

How long does it TAKE?

Ultrasound exams generally take between 15-60 minutes, however this may vary depending on the complexity of the examination.

How should I PREPARE for my ultrasound?

Preparation for your procedure will depend on the type of ultrasound being done and the body area being scanned. Our most common examinations and preparations are listed below.

Abdominal US

Assess the gallbladder, liver, spleen, pancreas, kidneys and aorta.

Preparation: Fast (nil by mouth) for 6 hours prior to your appointment.

Fetal or Obstetric US

Evaluates the size and age of a fetus and assesses its growth, development and well being during pregnancy. Fetal US will detect some, but not all fetal abnormalities.

Preparation: Empty your bladder 1.5 hours prior to appointment and then drink 1 litre of water in 30 minutes. Then do not empty your bladder.

Musculoskeletal or Breast US

Assessment of muscles, tendons, ligaments, joints and soft tissue throughout the body. No preparation is required.

Pelvic or Transvaginal US

Evaluates the uterus, ovaries and their surrounding anatomy. A pelvic US may require a specially designed transducer to be gently inserted into the vagina for more detailed images.

Preparation: Empty your bladder 1.5 hours prior to appointment and then drink 1 litre of water in 30 minutes. Then do not empty your bladder.

Renal US

Assess the kidneys and bladder. The prostate is also assessed in males.

Preparation: Fast from food for 6 hours prior to your appointment. Also, empty your bladder 1.5 hours prior to appointment and then drink 1 litre of water in 30 minutes. Then do not empty your bladder.

Renal Artery Doppler US

Evaluates the blood flow to the kidneys through the renal artery.

Preparation: These scans are performed in the morning and the patient must fast for 6 hours prior to the appointment.

Scrotal US

Evaluates abnormalities of the testicles and surrounding tissues.

Preparation: No special preparation is needed.

Thyroid US

Evaluates the size of the thyroid gland and looks for thyroid nodules.

Preparation: No special preparation is needed.

Vascular or Carotid / Deep Vein US

Evaluates the bodies circulatory system by monitoring the blood flow to organs and tissues throughout the body. Vascular US provides a non-invasive means to evaluate blockages to blood flow, such as clots in veins or plaque in arteries.

Preparation: No preparation is needed.

Paediatric US

North Shore Radiology offers a dedicated paediatric ultrasound service. We have a number of radiologists who specialise in paediatric ultrasound imaging.

Our most common scans are:

- Paediatric hips
- Renal US
- Abdominal US
- Head US
- Lumps
- Paediatric spines / dimples
- Scrotal

Preparation:

Abdominal: 0-6 years: no preparation

6 years and older: 3 hour fast

Renal: 0-3years: well hydrated

4 years and older: 3 glasses of water

Paediatric Hips: Well fed prior to appointment

Results: A radiologist will interpret all images produced during the examination and the results will be forwarded to your doctor.

Parking information for _____

NORTH SHORE PRIVATE HOSPITAL

North Shore Radiology & Nuclear Medicine has four locations, your Ultrasound will be performed at one of the three sites shown on the next page.



*Refer map over page.



Our staff will tell you which location to attend when you book your appointment. Please take note of this.

Addresses and parking:

- **North Shore Private Hospital,
Ground floor, 3 Westbourne Street,
St Leonards NSW 2065**

Metered parking is available on Westbourne Street.
Paid parking is also available in a multi-story car park access via Reserve Road. Marked P1 on map.

- **North Shore Heath Hub,
Ground floor, 7 Westbourne Street,
St Leonards NSW 2065**

Metered parking is available on Westbourne Street.
Paid parking is available underneath the North Shore Health Hub, access to the left of the entrance on Westbourne Street.

- **38 Pacific Highway,
St Leonards NSW 2065**

Limited parking is available underneath our clinic, access is via Marshall Lane. Please speak to our staff for directions.



NORTH SHORE RADIOLOGY & NUCLEAR MEDICINE

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