

Having an Ultrasound Scan

You are having an ultrasound scan. This sheet tells you what to expect. We review it in more detail during your appointment. You can ask any questions at that time.

About ultrasound scans

An ultrasound scan is a medical test that uses high-frequency sound waves to capture live images from the inside of your body. It is called sonography. From the screen, we can take images of what we see on screen.

The ultrasound can show the structure and movement of the organs as well as blood flow through them.

Who does the ultrasound scan

A medical sonographer does the ultrasound scan (say *sun-ah-grah-fer*). This health professional is specially trained in doing ultrasounds. You might also meet a radiologist, nurse, or support aide.

Our team can be male, female, or gender diverse. If you prefer a specific gender or you would like a hospital chaperone, please tell the booking clerk when scheduling the appointment. We can try to accommodate your request.

Your ultrasound scan results

We send the results of your ultrasound scan to the doctor who ordered it and to your family doctor. This can take 7 to 10 days. Make an appointment with the doctor to review the results.

We do not allow anyone to take pictures or videos during the scan. If you want a copy of the images or the results, please ask at our Reception about how to do this.

About your appointment

Please **arrive early** for your appointment. Give yourself time to find parking and check in at Medical Imaging before your appointment time.

Bring with you government-issued photo identification and your BC Services Card (personal health number).

It can take up to 60 minutes to complete the ultrasound scan.

If you cannot keep the appointment, let us know as soon as possible. We will try to reschedule you.

If you are late, we might have to reschedule you for another day.

If you do not speak or understand English well enough to have medical conversations, please let us know when scheduling the appointment. We can arrange for a medical interpreter. You do not pay for this.

Bringing a support person

You are welcome to bring a support person with you. They can be with you before and after the ultrasound scan. For safety reasons, they **cannot** be in the room during the ultrasound.

If you need a support person with you during the ultrasound scan, please speak to our Receptionist or the sonographer.

Please arrange childcare for your children.

Do not bring children with you, unless the child is the one with the appointment. We do not have anyone to look after children and they cannot come into the procedure room with you.

Preparing for your ultrasound scan

How you prepare depends on the area or organ we are scanning. You should get specific instructions either from the doctor who ordered your scan or from the booking clerk when scheduling the appointment.

Abdominal Scan

In most cases, you cannot eat for a set amount of time before the appointment. Check the instructions from the doctor who ordered your scan, including instructions for how to take your medicines.

Pelvic or Pregnancy Scan:

You must come with a **full bladder**.

About 1 to 2 hours before your appointment, drink four 8-ounce glasses or 1 litre of water.

Do not empty your bladder before the scan. If you feel uncomfortable, talk to our Receptionist.

Breast Ultrasound:

Please do not wear and use any deodorant, lotions, or powder on or near the breast.

All other scans:

Usually, there is nothing to do to prepare. If there is, you will be told.

During the ultrasound scan

We might ask you to change into a hospital gown.

Before starting the ultrasound, the sonographer does these 3 things:

- Reviews your health history and reason for scan with you.
- Asks for your consent to do the scan.
- Dims the lights in the room (this makes it easier to see the screen)

To do the ultrasound, the sonographer:

- Might ask you to lie on a stretcher.
- Might ask you to expose the part of your body being scanned, such as your chest, abdomen, neck, or leg.
- Puts some clear gel on your skin.
- Moves a small ultrasound camera called a transducer over that area and takes images.

For some ultrasound scans, we need to put the transducer into a part of your body so we can get the pictures needed, such as the esophagus (for transesophageal echocardiogram), vagina (for endovaginal scan), or rectum.

When finished, we often ask people to wait in either the scan room or waiting room while the radiologist reviews the images.

Anytime you have a question or concern, please ask us.

Locations

Abbotsford Regional Hospital	604-851-4868	Jim Pattison Outpatient Care and Surgery Centre	604-533-3308 Ext. 63926	Ridge Meadows Hospital	604-463-1800
BC Women's Hospital	604-875-2156			Royal Columbian Hospital	604-520-4642
BC Cancer Agency	604-877-6000	Langley Memorial Hospital	604-533-6405	R.W. Large Memorial Hospital	250-957-2314 Ext. 234
BC Children's Hospital	604-875-2329 Ext. 2	Lions Gate Hospital	604-984-5721	Sechelt Hospital	604-885-8608
Burnaby Hospital	604-412-6271	Mission Memorial Hospital	604-814-5188	Squamish Hospital	604-892-5211
Chilliwack General Hospital	604-795-4122	Mount Saint Joseph Hospital	604-877-8323	St. Paul's Hospital	604-806-8006
Delta Hospital	604-940-3403	Peace Arch Hospital	604-535-4510	Surrey Memorial Hospital	604-588-3308
Eagle Ridge Hospital	604-469-3172	Powell River General Hospital	604-485-3282	UBC Hospital	604-822-7076
Fraser Canyon Hospital	604-860-7711	Richmond Hospital	604-244-5104	Vancouver General Hospital	604-875-4111 Ext. 68612