



**Patient Information Leaflet**

# Having a pelvic ultrasound scan

**Produced by:**  
Diagnostic Imaging

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**If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.**

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**Polish:**

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

**Russian:**

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

**Turkish:**

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

**Bulgarian:**

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, попитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

**Czech:**

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

**Bengali:**

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টেলিফোনে ইংরেজি কথা কতে জিজ্ঞাসা করুন এবং সাহায্য করুন

The following information may be of use to you before you attend for your appointment. Please take a few minutes to read through it. If you have any queries, please do not hesitate to ask the staff who are performing the test—they are always glad to be of help.

## **What is an ultrasound examination?**

An ultrasound examination obtains a picture of the inside of the body without the use of x-rays. It is a very safe technique using high frequency sound waves which are transmitted through a part of the body and reflected by the internal organs and structures. These 'echoes' form a picture on a television screen, which can be analysed to give information about the organs seen.

## **Pelvic ultrasound scan**

It is our policy in the Diagnostic Imaging Department at St Mary's Hospital to use the abdominal approach to pelvic scanning in the first instance, **so you will need to have a full bladder when you attend for your appointment.**

As a guide, we recommend that you drink at least 2 pints of water about an hour before the appointment and then refrain from emptying your bladder in order for the bladder to be sufficiently full for the examination. If your bladder is not full enough at the time of the scan you may be asked to wait for a short while to allow it to fill more.

## **During the test**

The examination is usually slightly darkened and the scanning machine and screen on which the images appear, will be beside the bed. Usually, only one person performs the test but a second member of staff will be present throughout the examination. The machine makes a slight humming noise. You will be asked to lay on the ultrasound couch and uncover the lower abdomen to allow access for the scan probe. Warmed gel will be put onto your skin to improve contact for the probe and make it easier to slide across the area. By moving the probe in various directions, all the pelvic structures are displayed on the screen. While the probe is moved, you may experience some minor discomfort but it should not be a painful procedure. It usually takes between 2 minutes and 10 minutes to complete the examination.

Sometimes, a transvaginal scan may also be required in order to obtain clearer information about the pelvic organs. This will require your verbal consent before the scan is done. You will not be asked to have this test if you have never had a vaginal (internal) examination.

## **What is a transvaginal scan?**

During a vaginal scan a small probe is placed inside the vagina so it is close to the pelvic organs. This makes it possible to get a clearer view and much greater detail. You will be asked to empty your bladder and remove your underwear and may be given a gown to wear. The vaginal probe is cleaned before use, covered with a protective sheath, and lubricated with jelly to make its insertion into the vagina easy and friction free. The probe is inserted very gently into the vagina and will feel very similar to having an internal examination. During the examination a hand may be placed on the lower abdomen to push the pelvic structures nearer the probe so they can be seen more easily on screen.

This examination can be performed at any time of a woman's life – in pregnancy, during menstruation or after the menopause. If you have any anxiety about the procedure, please discuss this with the staff performing the examination.

## **Are there any risks involved?**

No, there are no known risks and it is considered to be very safe.

**Please inform the staff prior to the procedure if you have a latex allergy.**

## **What happens after?**

If you are having the ultrasound as an outpatient you will be able to return home immediately, providing that no other tests are required. You may eat, drink and resume normal activities (including sexual intercourse) as soon as you wish. Sometimes, the person performing the examination will be able to tell you the results, but in most cases a report will be sent to the doctor who recommended you to have the test. This is usually done within 10 working days. .

At your next GP/outpatient appointment, you will be able to discuss the results and any subsequent treatment which may be necessary

## **Access to Health Records by Diagnostic Staff**

As a patient undergoing tests as part of a diagnostic procedure information about you may be accessed by other healthcare professionals and images may need to be interpreted by a teleradiology service. It is normal practice in these circumstances for your consent to be implied as part of your agreement to have the test or tests performed.

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**If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.**

If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

### **We Value Your Views On Our Service**

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive  
Isle Of Wight NHS Trust  
St Mary's Hospital  
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.