



Patient Information Leaflet

Having an ultrasound scan (the “JELLY ON THE BELLY” test)

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.

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

This leaflet has been prepared in order to explain what will happen during the ultrasound scan and how you may prepare for it in advance. Please take some time to read through it with your child so they will know what to expect when they attend the department.

What is an ultrasound scan?

An Ultrasound scan builds up a picture of part of the inside of the body using sound waves of a frequency above the audible range of the human ear. A small hand-held sensor, which is pressed carefully against the skin surface, both generates sound waves and detects any echoes reflected back off the surfaces and tissue boundaries of internal organs. The sensor can be moved over the skin to view the organ from different angles, the pictures being displayed on a TV monitor screen and recorded for subsequent study.

What does the scan look at?

A scan of the abdomen (tummy) looks at the internal organs including the liver, kidneys, pancreas, spleen, gall bladder and abdominal aorta. This kind of scan cannot look at the bowel.

Are there any risks involved?

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

Do I need to make any special preparation in advance?

Preparation will depend on the type of scan your child is going to have. Please refer to the appointment letter for this. The different preparations are described below.

Ultrasound of the kidneys

If your child is not yet dry during the day no special preparation is required prior to the scan.

If your child is dry during the day it is useful to be able to see the bladder during the scan. To make this possible we ask that your child refrain from using the toilet once they are in the department awaiting the scan. It may be necessary to ask them to drink a little more fluid and wait until the bladder fills to get the best images from the scan. This will be explained to you at the time of the scan if it is necessary.

If your child is >12years of age we ask that they drink plenty of fluid prior to the scan and attend with a reasonably full bladder.

Ultrasound of the upper abdomen

We do not ask for any special preparation prior to the scan if your child is <12 years of age.

If your child is >12years of age please ensure they have nothing to eat or drink for 6hours prior to the scan. This is just a guideline and helps us to achieve the best images from the scan. If your child is >12years of age but unable to fast for this length of time please do not worry.

If you are diabetic or taking any special medication that will make this preparation difficult, please contact the Diagnostic Imaging Department on 534671 for further advice.

It is suggested for your own comfort during the procedure you consider wearing a two-piece outfit e.g. skirt/trousers and top.

Can I bring a relative or friend?

Yes, you may be accompanied to the department and a relative or friend are normally welcome to be in the room with you during the scan.

What happens during the scan?

The doctor will ask some questions about your health and in particular current symptoms.

You will be asked to lie down on a couch, and the lights will be dimmed so that the pictures on the television screen can be seen more clearly. A gel will be put onto your skin over the area to be scanned. The gel allows the sensor to slide easily over the skin and helps to produce clearer pictures.

Sometimes you will be on your back or you may be asked to turn on your side, lie flat on your stomach or even to stand up during the examination. There is always help for those who find this difficult. You may be asked to take deep breaths and to hold your breath for a few moments.

The Doctor sits or stands beside you, slowly moving the sensor over your skin while viewing the images on the screen. Records of selected images will be made so that they can be viewed later. Upon completion, the gel will be wiped off and you will be free to get dressed.

Will it be uncomfortable?

Ultrasound itself does not hurt and apart from the sensor on your skin you will not feel anything. Ultra sound is often carried out to try and find out the reason why a patient has severe abdominal or pelvic pain. In these circumstances, some pressure may be applied to the skin surface over an inflamed organ, for example, the gallbladder, to check what is causing the pain. This may increase the amount of pain coming from that organ temporarily, but would be no worse than, for example, being examined by a doctor on a ward. If it feels uncomfortable please tell the Doctor who is doing the scan.

How long will it take?

The process of carrying out a scan usually takes about 10 – 15 minutes. Unless you are delayed, for example by emergency patients, your total time in the department is likely to be about 30 – 40 minutes.

Are there any side-effects?

No. You can go home afterwards and even go back to school the same day! You can eat and drink normally after the scan.

When will I get the results?

After the scan, the images will be examined further by the Doctor who will prepare a report on his/her findings. This may take some time to reach your referring doctor, but is normally less than 14 working days. You could ask the Doctor how long it will take.

Finally

If you have any questions or concerns that you would like answered, please contact:

(01983) 534666, Monday to Friday;
09:00–12:30 and 13:30–16:30.

Ask to speak to a Senior Radiographer in Diagnostic Imaging.

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. 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.

Accidental over exposure of radiation

Despite all safeguards, medical exposures can occur where the actual dose is greater than was intended. The regulations governing these exposures are either IR(ME)R 2000 or IRR 99.

In the event of an over exposure the incident will be reported to the Radiation Protection Advisor. It will be down to the discretion of the RPA as to whether there is a clinical requirement to inform any patient of an overexposure.

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.