

Having a Pelvic Ultrasound Scan.

Information for patients

You have been referred for a **pelvic ultrasound** examination to help find the cause of your problems. This leaflet has been designed to explain what this involves. It may not answer all of your questions, so if you have any queries, please ask the member of staff who will be performing the scan – they will be happy to help and advise you.

What is an ultrasound examination?

Ultrasound is an imaging technique which uses high frequency sound waves to obtain pictures of the inside of the body without the use of x-rays. It is a safe and generally painless procedure.

For women, a pelvic ultrasound is performed to identify the womb, ovaries and surrounding structures to help assess the cause of problems such as pelvic pain, abnormal vaginal bleeding or other menstrual problems. It may also be used to follow up any previously diagnosed problems involving the womb or ovaries.

How to prepare for the scan?

If you are having a **transabdominal** pelvic ultrasound, where the scan is done over your abdomen and pelvic areas, you will need to drink two pints of clear non-fizzy fluids, eg water, at least **one hour** before your scan appointment time.

You should continue to take any medication prescribed by your doctor.

In some cases, it will be necessary to perform an **additional internal scan, (transvaginal scan)**, especially if we need to assess the lining of the womb more accurately and any problems involving the ovaries, which have not been clearly demonstrated by the transabdominal scan. This is generally **not** a painful procedure.

You will not be asked to have a vaginal ultrasound scan if you are unable to tolerate internal examinations or if you are not sexually active and have never been.

If you are using a tampon, this will need to be removed prior to the vaginal scan.

Please note that an internal scan can be performed at any time during a woman's life – in pregnancy, during your period or after the menopause. If you have any concerns about the vaginal scan, please discuss this with the staff performing the examination.

How is the scan performed?

For a **transabdominal pelvic scan** you will be asked to lie on your back on the ultrasound couch. You will need to expose your abdomen and pelvic areas. Tissue paper will be used to protect your clothes from the ultrasound gel, which will be put on your abdomen. The ultrasound probe will then be placed on your abdomen and moved in different directions to help locate the pelvic organs. We will need to apply some pressure to your abdomen, with the ultrasound probe, in order to obtain clear images. You may find this to be a little uncomfortable.

For a **transvaginal pelvic scan** you will be asked to empty your bladder **before** the scan. We will ask you to undress from the waist down and either put on a hospital gown or cover yourself with a sheet that we give you. If you are wearing a skirt, you may prefer to just remove your underwear. You will be asked to lie on your back on the ultrasound couch and then be placed in a position that allows the scan to be performed easily. A specially designed ultrasound probe is used for this procedure. It will be covered with a protective sheath and lubricating gel, then gently inserted into your vagina. The ultrasound probe will need to be moved in different positions in order to visualise the uterus and ovaries clearly.

Who will scan me?

We have both male and female members of staff who are specially trained in ultrasound techniques. The member of staff that scans you will either be a doctor (radiologist) or sonographer. If you have any concerns about this, please inform us before attending for your scan.

How long will the scan take?

Your scan appointment is usually booked for 15 minutes but this may be longer if you do not have a full bladder and we are not able to do an internal (vaginal) scan.

Although every attempt is made to scan patients on time, delays may occur due to unforeseen circumstances.

What happens after the scan?

Your scan pictures will be examined by the person performing your scan and a report will be sent to the doctor that referred you for this procedure.

Further information

If you want further information regarding your pelvic ultrasound scan, please feel free to telephone the hospital where your appointment has been booked.

Tel: 01895 279868 (Hillingdon)

Tel: 01923 844898 (Mount Vernon)

Open from 9am to 4.30pm Monday to Friday.

The Hillingdon Hospitals NHS Foundation Trust (incorporating Mount Vernon Hospital),
Pield Heath Road, Uxbridge, Middx., UB8 3NN.

Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format.
Please contact: 01895 279973

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Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie
audio, poproś pracownika oddziału o kontakt z biurem informacji pacjenta (patient
information) pod numerem telefonu: 01895 279973.

如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973 查詢。

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