



PRIME
health

Having an
Ultrasound scan
with Prime Health

Keep **you** healthy

Having an **Ultrasound scan** with Prime Health

We hope the information in this leaflet will explain what is involved when having an ultrasound scan.

Although it is full of useful information, the leaflet is not designed to replace an informed discussion with your own clinician before your appointment.

However, we will be able to answer any questions or concerns about your scan when you arrive for your appointment.

All our facilities are wheelchair friendly.

What is an ultrasound scan?

An ultrasound scan is a picture of part of the inside of the body. It uses sound waves of a frequency above the audible range of the human ear. A small hand-held sensor pressed carefully against the skin surface generates sound waves and detects any echoes reflected back off the surfaces and tissues of our internal organs. The sensor can be moved over the skin to view the organs from different angles. The images are displayed on a screen and recorded for subsequent study. Ultrasound images complement other forms of scans and are widely used for many different parts of the body.

They can also be used to study blood flow and to detect any narrowing or blockage of blood vessels, for example, in the neck.

Ultrasound is also used for intimate examinations; for example, of the prostate gland in men or the womb or ovaries in women.

For some of these examinations, it may be necessary to place a small ultrasound probe in the vagina or the rectum to look at internal structures.

If you are having an intimate examination the clinician will describe the procedure to you before and seek your informed consent.

Who will be doing the Ultrasound?

Your clinician is a sonographer or radiologist who has specialised training in the technique of ultrasound. They carry out a great number of these examinations and will provide a descriptive report of their findings to your referring clinician.

Are there any risks from the scan?

No. Ultrasound scans are very safe, and there are no known risks.

Do I need to prepare or do anything differently before my appointment?

When we schedule your appointment we will let you know about anything you need to do differently before your scan and this will be confirmed when we send your appointment letter.

For example:

- If your pelvis, kidney or bladder are being scanned, you may need to have a full bladder.
- For some scans (such as the gallbladder and pancreas) you may be asked to fast for several hours.
- If you are diabetic, please bring some food and your medication to the centre.

Please let us know in advance if you have had another ultrasound scan recently.

Can I bring a relative/friend?

Yes, subject to infection control restrictions. However, your relative/friend may be asked to leave the ultrasound room during the examination.

When you arrive

The clinician will explain what is involved in detail, and you will be able to ask any questions before giving consent to proceed with the examination.

What happens during the scan?

You will be asked to lie on an examination couch. The lights may be dimmed so that the images on the screen are as sharp as possible.

The clinician will put some gel on your skin. This allows the sensor to be moved around more easily and helps produce sharper images. Depending on where you have the scan, you may be asked to take deep breaths and to hold your breath for a few moments.

For a bladder scan, if your bladder is not full enough, you may be asked to have another drink. The clinician will slowly move the sensor over your skin while looking at the images on the screen.

They will record some of these to study in detail later. When it is all done, the gel will be wiped off before you leave.

How long will it take?

The scan usually takes around 10-15 minutes and you will need to allow 20 minutes in total for your appointment.

Are there any side-effects?

Ultrasound itself does not cause any discomfort and apart from the sensor on your skin you will not feel anything. If you have been asked to come to your appointment with a full bladder, it may be a little uncomfortable. Similarly, if we need to apply pressure over an inflamed organ (such as your gallbladder), you may feel some discomfort whilst that is being done.

Can I eat and drink afterwards?

Yes, you can eat and drink as normal.

When will I get the results?

The images will be examined after your visit, and a written report sent to your referring clinician.

Other sources of information

NHS: www.nhs.uk/conditions/ultrasound-scan/

Finally...

We hope we have provided all you need to know about your examination, but do please let us know if you have any further questions.

Legal notice

This leaflet is intended only as general information. It should not replace advice from your own medical professional and Prime Health cannot accept any legal liability arising from its use.

We aim to make the information as up-to-date and accurate as possible, but please be aware that it can be subject to change.

Please discuss any specific advice about the investigation or any concerns you may have, with your referring clinician.

Compliments, Concerns and Complaints

At Prime Health it is important to us that we give our patients the best care possible. Please contact us to let us know your views and experiences of using our services.

We are committed to improving what we do and how we do it and your feedback is particularly important. Following your appointment we will send you a questionnaire inviting you to provide feedback on your experience.

The Care Quality Commission (www.cqc.org.uk) also likes to hear feedback from patients as it helps them to decide when, where and what services to inspect.

Any Concerns and Complaints from patients or their representatives will be investigated thoroughly.

If you are unhappy with the service or care we are providing, please tell a member of staff whilst at your appointment.

If you are still not satisfied, please contact our Governance Team:

By email:

governance@medicalimaging.org.uk

By post:

Governance Team,
Prime Health
Unit 7, The Pavilions,
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