



## IMPORTANT

**Please call us at 1-866-611-2665 if you need to reschedule.**

## DAY OF YOUR APPOINTMENT

- No food or drink (except water) in the six hours before your exam.
- Arrive with a full bladder. Please drink one litre of water 90 minutes before your exam. Finish drinking the water 60 minutes before your exam and do not empty your bladder. Drink water slowly to prevent abdominal discomfort.
- Please arrive 15 minutes before your appointment to allow enough time to check in with reception.
- Bring photo identification and your provincial health card.
- Take all prescribed medications as directed.
- Wear comfortable clothes.
- Please do not bring children who require supervision.

## YOUR EXAM

*DURATION: 50-60 minutes*

An abdomen/pelvis ultrasound uses high frequency sound waves to assess various abdominal and pelvic organs, including the bladder, reproductive organs, prostate gland, liver, gallbladder, pancreas, kidneys, aorta, inferior vena cava, spleen, and surrounding areas. A pelvis ultrasound can also assess the position or presence of an intrauterine contraceptive device (IUD).

Please inform the sonographer performing your exam if you've had surgery related to your bladder, reproductive organs, prostate gland, gallbladder, spleen, or kidneys.

## WHAT HAPPENS DURING MY EXAM?

- You may be asked to change into a gown.
- A warm, non-scented, hypo-allergenic ultrasound gel will be applied to the area being scanned.
- Your technologist (sonographer) will ask you to lower or arrange your clothing so that the area of concern is exposed to apply gel and scan the area.
- The sonographer will move the transducer (probe) around the front and side of your abdomen and ribcage, and the area between your hipbones and below your bellybutton to take images of your organs.
- The sonographer will ask you to perform various breathing techniques that aid in obtaining the best images of your organs.
- You may be asked to lie on your side, sit, or stand to bring your organs into a better position.
- You may experience mild to moderate pressure while the sonographer takes the images.
- In some cases: An endovaginal ultrasound may be necessary for a more detailed picture. Your sonographer will explain the procedure in detail to make sure you understand and consent to the exam. You will be asked to empty your bladder for this scan and a small probe will be gently inserted into the vagina.
- The radiologist will review the images.
- It is not unusual for the sonographer to ask the radiologist to come into the scan room after your exam to speak to you about your results. You will then be free to leave.

## WHEN WILL I GET MY RESULTS?

We do our best to have our radiologists interpret the information and forward the results to your doctor by the next business day.