



## IMPORTANT

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

## BEFORE YOUR APPOINTMENT

- Take all prescribed medications as directed.

## DAY OF YOUR APPOINTMENT

- Please bring the following to your appointment: a valid government-issued ID, your provincial health card, and your exam requisition (if you have received one).
- Please empty your bladder 90 minutes prior to your appointment, and then drink one litre of water within the next 30 minutes. Finish drinking water one hour before your exam and do not empty your bladder.
- Please note: Drink water slowly to prevent abdominal discomfort.
- If you are too uncomfortable, please relieve your bladder of a small amount of urine.
- For patients with Foley/indwelling catheters: Clamp the catheter 1.5 hours before your appointment and drink 1 litre of water. Complete drinking all water 1 hour before your appointment and keep the catheter clamped until your exam is finished.
- Once the test has begun, your sonographer will advise you if you can empty your bladder further or totally. We understand that a full bladder can be uncomfortable.
- Please arrive 15 minutes before your appointment to allow enough time to check in with reception.
- Bring photo identification and your provincial health card.
- Wear comfortable clothes.
- Please don't bring children that require supervision.

## YOUR EXAM

*DURATION: 25-30 minutes*

Pelvis, kidney, or bladder ultrasounds use high frequency sound waves transmitted through a transducer (probe) to visualize and assess your kidneys, ureters (small muscular tubes that join the kidneys with the bladder), urinary bladder, reproductive organs, prostate gland, and the surrounding area, including blood vessels.

Please inform the sonographer performing your exam if you have had surgery related to one of these organs, if you have a history of kidney stones, or if you have stents placed in the ureters or urinary bladder. A pelvis ultrasound can assess the position or presence of an intrauterine contraceptive device (IUD).

## WHAT HAPPENS DURING MY EXAM?

- You may be asked to change into a gown.
- A warm, non-scented, hypo-allergenic, water-based 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 area between your hipbones and below your bellybutton to take images of the organs and bladder.
- 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 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.