

Ultrasound

Patient Information Leaflet



HEATH LODGE CLINIC
A PERSONAL AND FRIENDLY IMAGING SERVICE DRIVEN BY EFFICIENCY, QUALITY, AND VALUE

This patient information leaflet aims to answer your questions about undergoing your ultrasound scan here at Heath Lodge Clinic.

What is an ultrasound?

An ultrasound scan is a scan where a probe is moved over the skin. Also referred to as a “sonogram”, ultrasound uses sound waves to generate pictures and is good for examining soft-tissues, muscles and tendons, the abdomen and pelvis, including for identifying gallstones and kidney stones.

We also have the facilities to perform ultrasound guided joint injections.
Please note that we do not offer pregnancy scanning here at Heath Lodge Clinic.

Please refer to the other patient information leaflets about the other types of ultrasound scans that we offer.

Why do I need to undergo an ultrasound?

For all ultrasounds undertaken at Heath Lodge Clinic we ask for a clinical referral from either your GP, Physiotherapist, or other healthcare professional.

The reason we ask for a clinical referral is due to the fact that we are a diagnostic centre and generally only see patients as one-off occasion.

Our consultants welcome the background clinical detail provided by their professional colleagues who will have assessed the patient and have more of an appreciation as to why any investigation is required.

Once we’ve received your referral, our radiographers will triage it, (this is to assess the clinical need for a scan, and to make sure you are having the right scan).

What are the risks and benefits of an ultrasound?

Ultrasound can be a quick and straightforward method of examining many of the internal organs, soft- tissues and muscles as outlined above. Ultrasound scanning does not use any radiation and there are no known risks associated with ultrasound scanning and it is considered to be very safe.

Is an Ultrasound scan safe?

There are no known risks associated from the sound waves used in an ultrasound scan.

Is an Ultrasound scan painful?

No, an ultrasound scan is not painful. You will not feel anything while it’s carried out. The only time you may experience some discomfort is when the radiographer is putting you into position so they can take the best images possible.

Whilst the ultrasound is underway you will need to keep still so the images produced aren’t blurred. External and internal ultrasound scans don't have any side effects and are generally painless, although you may experience some discomfort as the probe is pressed over your skin or inserted into your body.

On the day

Before the ultrasound: How do I prepare?

Please inform a member of the team if you have any special requirements, for example if you have difficulty with



hearing or poor eyesight, or are nervous about undergoing your ultrasound scan for any reason.

- What should I wear?

You may be asked to change into a gown. Please try to avoid wearing clothing containing any metal zips or fasteners, or metal threads/ fibres.

If you wear loose-fitting clothing with no fasteners you may be able to remain fully clothed, depending on the area of your body being scanned.

We would also be grateful if other valuables such as watches, necklaces and bracelets are not brought into the clinic. Please note that we do provide lockable areas for small personal items such as mobile phones, car keys and credit or debit cards.

- Can I eat and drink?

If you are having an ultrasound scan of your pelvis, kidneys or bladder you may be required to fill your bladder prior to the examination. For examinations of the gallbladder or pancreas, you may be required to fast for a specified number of hours (usually 6 hours) This will be explained to you by our reception team at the time of booking your appointment and will be sent in a letter or email if there is sufficient time for it to arrive.

- What happens when I arrive and who will I see?

A member of our team will meet you at Reception and help you to prepare for your ultrasound.

We will complete a thorough safety checklist with you and will be happy to answer any questions that you may have.

Our scans are performed by specialist radiologists and sonographers, who may often discuss the result with you on the day. The examination may be performed by a trained doctor or a sonographer.

- Where is the Ultrasound scan performed?

All ultrasounds are performed within dedicated ultrasound scanning areas within Heath Lodge Clinic.

- What happens during the ultrasound and how is it performed?

- You will ask you to either loosen or remove your clothing or to remove clothing, and coverings will be used to preserve your dignity. When you are ready, you will be asked to lie down, either face up or face down, depending on the area of the body that will be examined. The lights in the room will be dimmed before the scan commences to ensure the image is clearly visible on the screen.
- When an ultrasound scan is performed using standard ultrasound equipment, this will include a computer, a monitor and a hand-held device called a transducer. The sonographer will place clear, water-based gel on your skin before running the transducer across the target area.
- As the ultrasound transducer uses high-frequency sound waves, the noise will be inaudible. This happens instantly and a real-time ultrasound image appears on the video screen.
- You may experience a cold sensation when the gel is applied at the start and you may feel the pressure being applied as the transducer touches your skin. However, this usually causes little to no discomfort, resulting in a completely pain-free experience.



- How long will it take?
Depending on the area, or areas, being examined, the ultrasound scan may take up to 30 minutes. Most routine ultrasound scans will take no longer than 20 minutes.
- Will I need an injection?
No, you will not need an injection for a standard external ultrasound scan.

Can I bring a friend or relative with me?

Yes, you can bring a friend or relative with you however due to limited spaces in our waiting area we politely ask that you bring one person maximum only if needed.

Children should not be unaccompanied on site and children will not be allowed into the ultrasound room with you, so you will need to make arrangements for them before you arrive for your ultrasound.

It is worth noting we have no facilities for unaccompanied children on site.

I am claustrophobic and not sure if I will be able to have an ultrasound?

If you have any concerns, we can arrange for you to speak with a member of our team who will explain the procedure and make some suggestions to make your visit more comfortable.

Are there any side effects after the scan?

There are no known side effects from undergoing an external ultrasound.

After the ultrasound

At the end of the scan, you will be given privacy to clean up the gel and get dressed. You won't experience any after effects from a standard external ultrasound and will be able to go home shortly afterwards. You can return to your normal activities straight away.

How do I obtain my results?

The results from your Ultrasound will be sent to the clinician who referred you for the scan, for you to discuss the findings and any required onward treatment with them.

Please also note that there is free accessible car parking available here at Heath Lodge Clinic.

Should you have any further questions please contact Heath Lodge Clinic on contact@heathlodgeclinic.co.uk or telephone 01564 732150.