

# Ultrasound Upper Abdomen

An information guide



# Ultrasound Upper Abdomen

## What is an ultrasound scan?

An ultrasound scan is a simple test that involves examining the internal organs of the body using sound waves.

## What is involved?

Prior to your examination you may be asked to change into a gown but this is not routinely offered. (You will be provided with a cotton gown but not a dressing gown. You may wish to bring your own). You will then be asked to lie on a couch in a darkened room with an ultrasound machine beside the couch. The doctor or sonographer will put gel on your skin over the area to be examined; this helps the transmission of sound waves through the skin. This gel may be cold on application but is easily removed after the examination and does not stain your clothing.

The doctor or sonographer will slide a small hand held instrument over the area to be examined and an image will be displayed on the screen. The instrument causes no pain, but if you are tender and the doctor has to press on an area to obtain a clearer image this may cause you discomfort.

## Do I need to do anything before I arrive at the hospital for my examination?

Yes, please follow these instructions prior to your examination:

- On the day of your appointment please **HAVE NOTHING TO EAT for 6 HOURS before your examination.**
- You may have a small amount of water or fruit juice but no fizzy drinks.
- **DO NOT** consume milk or fat containing food or drinks on the day of your appointment until after your examination.
- **Please continue to take any medication you are currently taking.**

- If you have **DIABETES** and the appointment time is not suitable due to the management of your Diabetes, please contact us on 0161 778 2233 to let us know.

### **Babies and children under 5**

The above does not apply to babies and children under 5 - they should eat and drink as normal.

### **Children over 5**

Children over 5 years of age need to follow the above instructions.

### **Are there any side effects?**

There are no known side effects with this examination.

### **How long will the scan take?**

The length of time taken depends on the type of examination. Usually an ultrasound procedure will take between fifteen minutes and half an hour

### **What happens after the test?**

Provided no other investigations are required you will be able to eat, drink and resume normal activities as soon as you wish. If you have any queries please do not hesitate to ask a member of staff.

The person scanning may not be able to discuss the findings until they have had a chance to study the pictures taken in detail. A report of the examination will be sent to the referring doctor. You should discuss details of the results, and any necessary treatment, with the doctor who referred you for the test.

If you have any questions or concerns regarding your investigation please contact us on 0161 778 2233.

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**

**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

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