



**Appointment date:**

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**Time:**

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**Location:**

- Calvary North Adelaide
- Calvary Central Districts
- Marion Medical Centre
- Memorial Hospital
- North Eastern Hospital
- Port Adelaide Clinic
- Victoria Park - Dulwich
- Stirling Hospital

**Notes:**

## Patient Information Handout

# Ultrasound

Ultrasound is a technique using sound waves reflected back from tissues in the body to create an image. The sound waves are of high frequency by a transducer placed upon the skin, a clear gel is used between the skin and transducer to help sound transmission.

There is no radiation involved, and there are no known harmful effects. Ultrasound is especially used in obstetrics and gynaecology, to assess soft tissues such as muscles and tendons and investigation of the abdominal organs, amongst other things.

### BOOKING YOUR APPOINTMENT

Please call our friendly staff on 8402 0200. These procedures are only performed at certain sites. Please discuss these options with the booking staff.

### WHAT TO BRING

Radiology referral  
Medicare card  
Healthcare/Concession card (if applicable)  
Previous relevant imaging  
Other relevant documents

### PREPARATION FOR YOUR STUDY

Our staff will explain any relevant preparation with you over the phone at the time of the booking. The following preparation instructions are a reminder:

#### Upper abdominal ultrasound

Do not eat, drink or smoke for six hours before your appointment.

#### Pelvic, renal and obstetric ultrasound

A full bladder is required. Drink 1 litre of water, finishing at least 1 hour before your appointment. Do not empty your bladder.

Please understand that photography and video recordings during obstetric examinations are not permitted.

#### Vascular ultrasound, soft issues, thyroid gland

No preparation required.

### TIME REQUIRED

Most ultrasound studies require 10 - 30 minutes, depending on the region being examined. More complex examinations may take a little longer. Please arrive at your appointment time, or at the time instructed when booking.

