

How Do I Prepare for the Exam?

1. Empty your bladder prior to starting this prep. It will prevent your bladder from getting overly filled.
2. Drink four (4) 8 oz. glasses of water. Finish drinking 1 hour before your exam time. **DO NOT SUBSTITUTE CARBONATED BEVERAGES (SODA).**
3. After you drink the water **DO NOT** urinate until the ultrasound appointment is completed. If your bladder is not full the exam could be delayed.

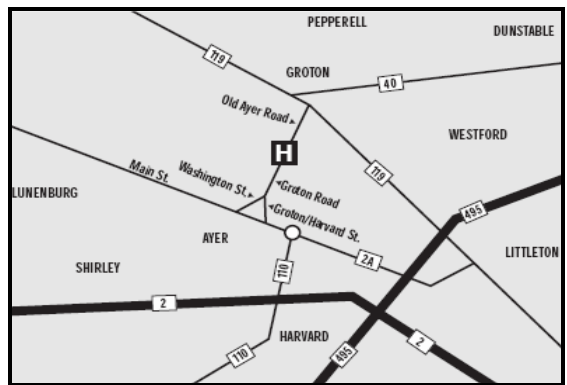
If you are scheduled for an abdomen and pelvic ultrasound on the same day you may drink only the amount of water required for the exam. **DO NOT EAT.**

If you are menstruating or are having heavy bleeding on the day of your exam, please call the department number listed below. It is possible your exam may have to be rescheduled for best results.



Ultrasound image of ovary with follicular cysts

This brochure is intended to provide basic information to our **Ultrasound** patients. If you have any remaining questions about your exam, please consult your physician



From the NORTH:

SOUTH on Rt.495 to Littleton Common/Groton Exit 31, Rt. 119. Head WEST toward Groton on Rt. 119. Left on Old Ayer Rd., just before Groton Center. Old Ayer Rd. becomes Groton Rd. Travel 2.0 mi. Hospital is on the right.

From the SOUTH:

NORTH on Rt.495 to Rt.2 WEST. Follow Rt. 2W to Ayer/Harvard Rt.110 Exit 38B. Follow to 110 to Ayer rotary, turn right off rotary onto Main St., immediately beyond McDonald's. Follow Main St. .3 mi. Take first Right, onto Groton-Harvard Rd. Go straight at blinking red light. At Stop sign bear right onto Groton Rd. Hospital is on the left at the top of the hill.

From the WEST:

Follow Rt.2 E to Ayer/Harvard/ Rt.110 Exit 38 B and follow directions "from the South".

From the EAST:

Follow Rt.2 W to Ayer/Harvard/Rt.110 exit 38 B and follow directions "from the South".

Your appointment is scheduled for

DATE: _____

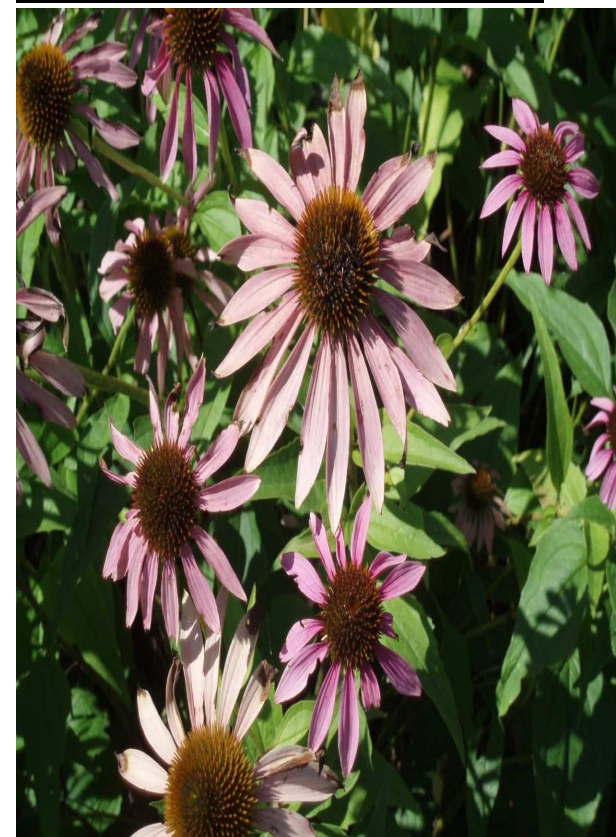
TIME: _____

**PLEASE ARRIVE 15 MINUTES EARLY AT
OUT-PATIENT REGISTRATION**

Please be sure to follow prep instructions

Pelvic Ultrasound

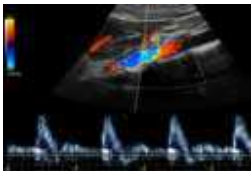
Where Excellence is Essential



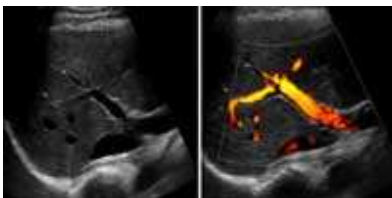
Nashoba Valley Medical Center
ULTRASOUND
200 Groton Rd.
Ayer, MA 01432
Ph: 978-784-9270
Fax: 978-784-9550

How does Ultrasound Work?

Ultrasound imaging is based on the same principles involved in the sonar used by bats, ships and fishermen. When a sound wave strikes an object, it bounces backward, or echoes. By measuring these echo waves it is possible to determine how far away the object is and its size, shape, consistency (whether the object is solid, filled with fluid, or both) and uniformity.



Doppler ultrasound, a special application of ultrasound, measures the direction and speed of blood cells as they move through vessels. The movement of blood cells causes a change in pitch of the reflected sound waves (Doppler effect). A computer collects and processes the sounds and creates graphs or pictures that represent the flow of blood through the blood vessels.



Why does my Doctor Want Me to Have an Ultrasound?

- Ultrasound scanning is noninvasive (no needles or injections) and is usually painless.
- Ultrasound is widely available, easy-to-use and less expensive than other imaging methods.
- Ultrasound imaging uses no ionizing radiation.
- Ultrasound scanning gives a clear picture of soft tissues that do not show up well on x-ray images.
- Ultrasound causes no health problems and may be repeated as often as is necessary if medically indicated.
- Pelvic ultrasound can help to identify and evaluate a variety of urinary and reproductive system disorders in both sexes without even the minimal risks associated with x-ray exposure.

What to expect during the exam:

Most ultrasound examinations are painless, fast and easy.

After you are positioned on the examination table, the Sonographer will spread some warm gel on your skin and then press the transducer firmly against your body, moving it back and forth over the area of interest until the desired images are captured. There may be varying degrees of discomfort from pressure as the transducer is pressed against the area being examined. If scanning is performed over an area of tenderness, you may feel pressure from the procedure.

Trans-vaginal ultrasound is performed very much like a gynecologic exam and involves the insertion of the transducer into the vagina after the patient empties her bladder. The tip of the transducer is smaller than the standard speculum used when performing a Pap test. A protective cover is placed over the transducer, lubricated with a small amount of gel and then inserted into the vagina. Only two to three inches of the transducer end are inserted into the vagina. The images are obtained from different orientations to get the best views of the uterus and ovaries. Trans-vaginal ultrasound is usually performed with the patient lying on her back, possibly with her feet in stirrups similar to a gynecologic exam. If a Doppler ultrasound study is performed, you may actually hear pulse-like sounds that change in pitch as the blood flow is monitored and measured.

After the exam:

Once the imaging is complete, the gel will be wiped off your skin. After an ultrasound exam, you should be able to resume your normal activities.

A radiologist, a physician specifically trained to supervise and interpret radiology examinations, will analyze the images and send a signed report to your primary care or referring physician, who will review the results with you.

Your doctor may ask you to bring images with you for your follow-up appointment. If so, please inform the Ultrasound staff or call the Diagnostic Imaging Department to request that your images be prepared in advance for you to pick-up in either **CD or film** format. The phone number is **978-784-9270**. Please verify which type of image your doctor can accept. We do request at least a **24-48** hour notice if possible.