

Abdominal and pelvic ultrasound scan

Information for patients

What is an ultrasound scan?

Ultrasound scans show pictures of the inside of your body.

You will see a sonographer/doctor to have an ultrasound scan.

What do I need to do before my ultrasound scan appointment?

Please **do not eat** for 6 hours before your appointment time. You can drink tea and coffee without milk, non fizzy fruit juices or water.

You **must** also have a full bladder for this scan. Please **drink 1 pint of water one hour before your appointment**.

Do not go to the toilet until after your scan. If this is difficult, you can arrive one hour before your appointment and drink in the department.

When you come to your appointment, wear simple clothing with as few fastenings as possible. Please also bring your appointment letter. Do not bring any valuables with you.

Keep taking any medications you are on.

What should I do when I get to the X-Ray Department?

When you arrive, go to the reception desk and give your name or show your appointment letter. Someone will call your name when they are ready to see you.

How long will my appointment take?

You should allow 30 minutes for your appointment.

Please be aware that if you are late for the appointment, or you have not fasted for 6 hours or you do not have a full bladder, you may need to re-book for another date.

What will happen at my appointment?

You will need to remove some clothing and you will be asked to lie on a couch. A small amount of gel will be put on your skin before the scan starts- this is not painful. The sonographer/doctor will then put the ultrasound probe onto your skin to start the scan.

All pelvic scans are performed with a full bladder so you must not go to the toilet until after your scan.

Internal scans (transvaginal) are only done when needed and this will be discussed with you if this is relevant.

When will I get the results of my scan?

The result of your scan will be sent to the doctor who referred you. This could take 5-7 days.

Getting to your appointment

Details of which site your appointment will be at will be on your appointment letter.

You can find information about how to get to all of our sites at:

<https://www.nhsllothian.scot/GoingToHospital/Locations/Pages/default.aspx>

Keeping your appointment

If you cannot keep your appointment, or have been given one that is unsuitable, please change it by phoning **0131 536 6409** or **0131 536 6410**. Your call will give someone else the chance to be seen and will help us keep waiting times to a minimum.

Public transport and travel information

Bus details are available from:

Lothian Buses on 0131 555 6363 or www.lothianbuses.co.uk

Traveline Scotland on 08712 002 233 or www.travelinescotland.com

Train details are available from:

National Rail Enquiries on 03457 484 950 or www.nationalrail.co.uk

Patient transport

Patient Transport will only be made available if you have a medical or clinical need. Telephone **0300 123 1236** (calls charged at local rate) up to 28 days in advance to book, making sure you have your CHI Number available.

A text relay service is available if you are hard of hearing or speech impaired. They can be contacted on: **18001-0300 123 1236** (calls charged at local rate).

To cancel patient transport, you should telephone 0800 389 1333 (Freephone 24 hour answer service).

Interpretation and translation

Your GP will inform us of any interpreting requirements you have before you come to hospital and we will provide an appropriate interpreter. If you are having this procedure as an existing inpatient, staff will arrange interpreting support for you before your procedure.

This leaflet may be made available in a larger print, Braille or your community language.