



Imaging Patient Education

Ultrasound Procedures





Imaging Patient Education

What you should know about your *Upper Extremity Venous Ultrasound*:

Purpose:

An upper extremity venous ultrasound is performed to examine the veins in your arms for blood clots.

Preparation:

- You may be asked to remove some or all of your clothes and to wear a gown during the exam.

Procedure - What to Expect:

- We will verify patient information and a brief history.
- The technologist will place warm gel on your arms. The technologist then will glide a transducer over your arms. The transducer emits sound waves to create an image on the monitor for the technologist to see. .

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207



Imaging Patient Education

What you should know about your *Breast Ultrasound*:

Purpose:

A breast ultrasound is performed to evaluate a breast lump, thickening, tenderness or and area of concern seen on the mammogram. Your ultrasound may also be performed in conjunction with a diagnostic mammogram.

Preparation:

- Wear a comfortable two-piece garment: pants and a top

Procedure - What to Expect:

- We will verify patient information and a brief history.
- The technologist will have you lie down and position you appropriately.
- The technologist will place warm gel on the breast and glide a smooth transducer over the skin. The transducer will emit sound waves to create and image on the monitor for the technologists use.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207



Imaging Patient Education

What you should know about your *Renal Artery Ultrasound*:

Purpose:

A renal artery ultrasound is performed to examine your kidneys and the arteries that feed them.

Preparation:

- You may not eat or drink anything after midnight or 8 hour prior to your test.
- If you have medication you make take your pills with a small amount of water.
- You will be asked to remove some or all of you clothes and to wear a gown during the exam.

Procedure - What to Expect:

- We will verify patient information and a brief history.
- You will lie down for the exam.
- The technologist will place warm gel on the abdomen and glide a smooth transducer over you abdomen. The transducer emits sounds waves to create an image on the monitor for the technologists to see.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207



Imaging Patient Education

What you should know about your *Mesenteric Artery Ultrasound*:

Purpose:

A mesenteric artery ultrasound is performed to examine the arteries that feed the stomach and the small intestines.

Preparation:

- You may not eat or drink anything after midnight or 8 hour prior to your test.
- You will be asked to remove some or all of you clothes and to wear a gown during the exam.

Procedure - What to Expect:

- We will verify patient information and a brief history.
- You will lie down for the exam.
- The technologist will place warm gel on the abdomen and glide a smooth transducer over you abdomen. The transducer emits sounds waves to create an image on the monitor for the technologists to see.
- The technologist will then have you drink a high protein drink. The technologist will wait 30 minutes to scan the abdomen again.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207



Imaging Patient Education

What you should know about your *Renal Bladder Ultrasound*:

Purpose:

A urinary tract (renal) ultrasound is performed to examine your kidneys and bladder.

Preparation:

- You may not eat or drink anything after midnight or 8 hours prior to your test. We ask that you drink 32 ounces of water one hour prior to exam.
- You will be asked to remove some or all of your clothes and to wear a gown during the exam.

Procedure - What to Expect:

- We will verify patient information and a brief history.
- You will lie down for the exam.
- The technologist will place warm gel on the abdomen and glide a smooth transducer over your abdomen. The transducer emits sound waves to create an image on the monitor for the technologists to see.
- You may be asked to go to the restroom to empty your bladder.
- The technologist will then take a few more pictures of your bladder.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207



Imaging Patient Education

What you should know about your *Thyroid Ultrasound*:

Purpose:

A thyroid ultrasound is performed to evaluate your thyroid gland and to document any nodules or cystic areas that would contribute to the symptoms you are experiencing.

Preparation:

- Do not wear any clothing around the neck area. You may be asked to remove your top and wear a gown.
- Do not wear any necklaces.

Procedure - What to Expect:

- We will verify patient information and a brief history.
- You will lie down for the exam and the technologist will tilt your chin back exposing your neck.
- The technologist will place warm gel on the neck and proceed to scan the neck.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207



Imaging Patient Education

What you should know about your *Testicular Ultrasound*:

Purpose:

A testicular ultrasound is performed to examine the structures and blood flow to your testicles.

Preparation:

- You will be asked to remove some or all of your clothes and to wear a gown for the exam.

Procedure - What to Expect:

- We will verify patient information and a brief history.
- You will lie down for the exam.
- The technologist will place warm gel on your testicles and glide a smooth transducer over the area. The transducer emits sound waves to create an image on the monitor for the technologist to see.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207



Imaging Patient Education

What you should know about your *Pelvic Ultrasound*:

Purpose:

A pelvic ultrasound is performed to evaluate some of the following symptoms: pain, a mass, irregular bleeding, fibroid, etc.

The pelvic organs are imaged both externally through the abdomen wall and internally through the vagina.

Preparation:

- **You will need to drink 32 ounces of fluid at least 1 hour prior to your study and you may not empty your bladder.**
- Your full bladder acts as a “window” that we can see through to examine the pelvic organs.
- You need to have a full bladder for the first part of the test. You will be allowed to use the restroom after the first part of the study is finished.
- You may be asked to remove some or all of your clothes and to wear a gown.

Procedure - What to Expect:

- We will verify patient information and a brief history.
- You will lie down for the exam.
- The technologist will place warm gel on the lower abdomen and glide a smooth transducer over your abdomen. The transducer emits sound waves to create an image on the monitor for the technologist to see.
- When the technologist is done imaging for the first part you will be able to use the restroom and empty your bladder.
- If necessary the technologist will perform a transvaginal study.
- With the transvaginal study, a thin long transducer is placed in the vagina to evaluate the uterus and ovaries more closely.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207



Imaging Patient Education

What you should know about your *Soft Tissue Ultrasound*:

Purpose:

A soft tissue ultrasound is performed to examine an area of interest on or under your skin.

Preparation:

- None

Procedure - What to Expect:

- We will verify patient information and a brief history.
- The technologist will place warm gel around the area of interest and glide a smooth transducer in that area. The transducer emits sound waves to create an image on the monitor for the technologist to see.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207



Imaging Patient Education

What you should know about your *Abdominal , Liver, Gallbladder Ultrasound:*

Purpose:

An abdominal ultrasound is performed to examine your abdominal organs such as liver, gallbladder, kidneys, spleen and pancreas.

Preparation:

- Nothing to eat or drink after midnight or 8 hours prior to your exam.
- You may take your medication with a small amount of water.
- You will have to remove some or all of your clothes and wear a gown during the exam.

Procedure - What to Expect:

- We will verify patient information and a brief history.
- You will lie down for the exam.
- The technologist will place warm gel on your abdomen and glide a smooth transducer over the abdomen area. The transducer emits sound waves to create an image on the monitor for the technologist to see.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207



Imaging Patient Education

What you should know about your *Carotid Ultrasound*

Purpose:

A carotid ultrasound is performed to examine the arteries in your neck to check for narrowing in the vessels.

Preparation:

- Do not wear any clothing around the neck area. You may be asked to remove your top and wear a gown.
- Do not wear a necklace.

Procedure - What to Expect:

- We will verify patient information and a brief history.
- The technologist will place warm gel on your neck and glide a smooth transducer along each side of your neck. The transducer emits sound waves to create an image on the monitor for the technologist to see.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207



Imaging Patient Education

What you should know about your *OB Ultrasound*

Purpose:

A first trimester OB ultrasound is performed to evaluate the well being of the fetus and the mother. The fetus and pelvic organs are both evaluated.

Preparation:

- You may be asked to remove some of or all of your clothes and to wear a gown during the exam.
- You will need to drink 32 ounces of fluid at least 1 hour prior to your exam and are not to empty your bladder.
- You will be able to use the restroom once the study is complete.

Procedure - What to Expect:

- We will verify patient information and a brief history.
- The technologist will place warm gel on your lower abdomen and glide a smooth transducer over this area
- If necessary you will be asked to empty your bladder and the technologist will perform a transvaginal study.
- A transvaginal study is an internal study into the vagina. A long thin transducer will be placed into the vagina to evaluate the fetus and pelvic organs.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207

Imaging Patient Education

What you should know about your *Ultrasound Guided Breast Core Biopsy*

Purpose:

An ultrasound guided biopsy is performed to obtain a tissue sample of a questionable area in the breast using ultrasound guidance.

Preparation:

- You may eat a light meal.
- Discontinue aspirin, ibuprofen, blood thinners, pain reducers such as Ecotrin, Aleve, Motrin, naproxen sodium, Advil, Excedrin, etc, 7 days prior to your appointment.
- You may only take Tylenol (acetaminophen).
- Wear a comfortable two-piece outfit: pants and top
- You will be asked to remove your clothing from the waist up and wear a gown during the procedure.

Procedure - What to Expect:

- We will verify patient information and a brief history.
- Prior to prepping the breast for biopsy the radiologist will explain the procedure and answer any questions you may have. A consent form will be signed by you prior to the radiologist starting the procedure.
- The technologist and the radiologist will position you appropriately for the procedure.
- The radiologist will then prepare your breast by cleaning it with an antiseptic solution and draping it with sterile clothes.
- A local anesthetic will be used to numb this area.
- The radiologist will put a small nick into the skin to allow entry of the biopsy needle. You will experience pressure feeling but should have no pain. If you have pain you are to let the technologist and radiologist know.
- The radiologist will be taking multiple samples of tissue from the area in question.
- When the radiologist has adequate samples they will place a titanium clip in the biopsy area. The clip will stay in there for future reference of biopsy site.
- You will have a mammogram also that day for a baseline with this clip in place.
- You will be given an ice pack to wear home and to put on and off the remainder of that day.

Risks and Benefits:

- You may experience bruising at the biopsy site that can last 5-7 days.
- If there is excessive swelling, bleeding, drainage, redness or heat, please contact the physician's office that ordered you to have the biopsy.
- You can also call into the radiology department and speak with the radiologist that performed your procedure.

After the Test:

- The nurse will instruct you on how to care for the site.
- You will follow-up your results with the physician that ordered your biopsy.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207

Imaging Patient Education

What you should know about your *Thyroid Biopsy*

Purpose:

A thyroid biopsy is performed to obtain cells from a thyroid nodule by inserting a needle into the lesion several times. The cells will be sent to the laboratory to be analyzed

Preparation:

- You may eat a light meal.
- Discontinue aspirin, ibuprofen, blood thinners, pain reducers such as Ecotrin, Aleve, Motrin, naproxen sodium, Advil, Excedrin, etc, 7 days prior to your appointment.
- You may only take Tylenol (acetaminophen).
- Wear a comfortable two-piece outfit: pants and top
- You will be asked to remove your clothing from the waist up and wear a gown during the procedure.

Procedure - What to Expect:

- We will verify patient information and a brief history.
- You will be lying on your back with your chin up.
- The technologist will scan the area of interest using gel and transducer.
- The radiologist will explain the procedure and have you sign consent prior to starting the procedure.
- The radiologist will then prepare the skin using an antiseptic solution and draping it with sterile clothes.
- The area will be numbed with a local anesthetic. The radiologist will insert a needle into your neck using ultrasound guidance. You may experience pressure but you should not have pain. Once the needle is in place they will make several taps into the nodule to collect cells. The cells will be looked at by a cytology technologist that will be in the room during the procedure.
- When the biopsy is complete we will clean the skin off and place a band-aid over the needle entry site. An ice pack will be applied to help reduce bruising and discomfort.

Risks and Benefits:

- Collection of cells may not be adequate to determine diagnosis.
- The risks and possible undesirable consequences associated with this exam include, but are not limited to, bleeding or infection.

After the Test:

- You will follow up with your physician who ordered the biopsy to receive results.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207



Imaging Patient Education

What you should know about your *Sonohysterogram*

Purpose:

A sonohysterogram is performed to evaluate heavy bleeding or an abnormal pelvic ultrasound.

Preparation:

- A pelvic ultrasound is required prior or at the same time as this exam.
- This exam should be done one week after the last day of your menstrual cycle.
- You will be asked to change from the waist down and given a gown to wear.

Procedure: What to Expect:

- The technologist will verify patient information and take a brief history.
- Prior to signing the consent the physician will talk to you about the exam and answer any questions you may have.
- The technologist will take preliminary images.
- The physician will insert the speculum and place a catheter into the cervix. The physician will then inject sterile water into the uterine cavity.

After the Test:

- Prior to leaving the exam room you will be given supplies to clean up with.
- Do not use a tampon for two days.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207



Imaging Patient Education

What you should know about your *Upper Extremity Arterial Ultrasound*

Purpose:

An upper extremity arterial ultrasound is performed to examine the arteries of your arms for blockages.

Preparation:

- You will have to remove your clothes from the waist up and wear a gown for the exam.

Procedure - What to Expect:

- The technologist will verify patient information and take a brief history.
- The technologist will place warm gel on your arms and glide a smooth transducer over them. The transducer emits sound waves to create an image on the monitor for the technologist to see.
- Your arms will then be wrapped with blood pressure cuffs and the technologist will check the blood pressure at several places on each arm.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207



Imaging Patient Education

What you should know about your *Lower Extremity Arterial Ultrasound*

Purpose:

A lower extremity arterial ultrasound is performed to examine the arteries of your legs for blockages.

Preparation:

- You will have to remove your clothes from the waist down and wear a gown for the exam.

Procedure - What to Expect:

- The technologist will verify patient information and take a brief history.
- The technologist will place warm gel on your on your legs and glide a smooth transducer over them. The transducer emits sound waves to create an image on the monitor for the technologist to see.
- Your legs will then be wrapped with blood pressure cuffs and the technologist will check the blood pressure at several places on each legs.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207



Imaging Patient Education

What you should know about your *Lower Extremity Venous Ultrasound*

Purpose:

A lower extremity venous ultrasound is performed to examine the deep veins in your legs for blood clots.

Preparation:

- You will be asked to remove some or all of your clothes and to wear a gown during the exam.

Procedure - What to Expect:

- We will verify patient information and a brief history.
- The technologist will place warm gel on your legs. The technologist then will glide a transducer over your legs. The transducer emits sound waves to create an image on the monitor for the technologist to see.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207