



# About Ultrasound

## APPOINTMENT

DATE \_\_\_\_\_

TIME \_\_\_\_\_

### What Can I Expect?

Ultrasound is one of the least invasive and most widely used diagnostic medical tools available. Compared to other procedures, an ultrasound study generally involves no discomfort and requires very little patient preparation. During your ultrasound exam, our Sonographer will position you on an exam table, apply a topical gel to the skin (this helps to improve the quality of the images) and pass the transducer several times over the area to be examined. Depending on the type of study being performed, you may be required to remain still, change positions, and/or hold your breath.

### What is Ultrasound?

Ultrasound uses safe, non-invasive, ultra-high frequency sound waves to create an image from the resulting echoes. These echoes are recorded, processed, and displayed on a screen by a computer. Unlike x-ray, ultrasound does not require the use of radiation and it does not focus on bone structure. Rather, ultrasound is meaningful for studying internal organs, such as the heart, liver, uterus, ovaries, blood vessels and other soft tissue structures.

### Who Does the Testing?

The person who will perform your exam is a medical professional known as a Sonographer. Our Sonographers are some of the most highly trained professionals in the country. Each Sonographer is certified by the American Registry of Diagnostic Medical Sonographers (ARDMS®), an independent, non-profit organization that credentials professionals in Diagnostic Medical Sonography.

### How Will I Know the Results?

A full report detailing the findings and interpretation of the results will be provided to your physician. For compliance reasons, our Sonographers cannot discuss the study findings with you until your physician has the final report. Your physician will discuss the ultrasound findings with you after reviewing the final diagnostic report.

### Where Will the Exam Take Place?

Your ultrasound will be performed right here in the comfort of your physician's office. Videre's on-site service means convenience for you.

ULTRASOUND EXAM	EXAM TIME	PATIENT PREPARATION & DIETARY RESTRICTIONS
Abdominal Ultrasound	30 min.	Please do not eat or drink anything 6-8 hours prior to the exam. Avoid fatty foods and carbonated liquids the day prior to your exam.
Pelvic Ultrasound	30 min.	No dietary restrictions, except you must complete drinking 32oz of water one hour prior to the exam. You should not empty your bladder once you have started drinking.
Abdominal & Pelvic Ultrasound	60 min.	Please do not eat food 6-8 hours prior to the exam. You must complete drinking 32oz of water one hour prior to exam. You should not empty your bladder once you have started drinking.
Renal Artery Duplex Ultrasound	30 min.	Please do not eat or drink anything 6-8 hours prior to the exam. Avoid fatty foods and carbonated liquids the day prior to your exam.
Abdominal Aorta/IVC Duplex Ultrasound	30 min.	Please do not eat or drink anything 6-8 hours prior to the exam. Avoid fatty foods and carbonated liquids the day prior to your exam.
Renal/Retroperitoneal Ultrasound	30 min.	No dietary restrictions, except you must complete drinking 32oz of water one hour prior to the exam. You should not empty your bladder once you have started drinking.
Echocardiogram Ultrasound	45 min.	No patient preparation required.
Carotid Duplex Ultrasound	30 min.	No patient preparation required.
Upper/Lower Extremity Arterial Duplex Ultrasound	30 min.	No patient preparation required.
Upper/Lower Extremity Venous Duplex Ultrasound	30 min.	No patient preparation required.
Testicular/Scrotal Ultrasound	30 min.	No patient preparation required.
Thyroid Ultrasound	30 min.	No patient preparation required.



**Note to Patients:** Never withhold medications. You may drink enough water to swallow tablets. If you are diabetic, you may eat something light as needed. Please arrive 15 minutes early for your appointment and check in with the receptionist. To change your appointment, please call your physician's office. If you have questions regarding the exam preparation, call 800.890.2813 or visit us at [videre.com](http://videre.com).