

## **INFORMATION AND PREPARATION SHEET**

### **ULTRASOUND SCAN WITH CONTRAST**

#### **A guide to Ultrasound scan with Contrast**

This information leaflet will explain what an ultrasound scan with contrast is and why you have been sent for one. Please read this leaflet carefully. If you have any questions or concerns not answered by this leaflet, please contact the Ultrasound Imaging Department (details at the end of this leaflet).

#### **What is an ultrasound scan with Contrast?**

An ultrasound examination obtains a picture of the inside of the body without the use of x-rays. It involves high frequency sound waves passing through the body and being reflected as echoes from structures inside the body. These echoes are displayed as images on a screen from which a diagnosis can be made.

In order to obtain the pictures some gel will be applied to your skin surface and a probe placed in contact with the gel and moved over your abdomen. The contrast makes it easier for us to make certain diagnoses and identify health conditions earlier and/or more accurately than an ultrasound study without using a contrast agent.

#### **What is contrast media?**

When scanning certain areas of the body, we may need to give you an injection of contrast agent (dye). The injection will be given by inserting a cannula (small needle) into a vein in your arm or your hand.

The contrast used for the scan involves the administration of intravenous contrast agents consisting of microbubbles.

If you are having a contrast enhanced ultrasound, there is a small risk that the injection of contrast can leak out under the skin instead of going into the vein. If this happens the further advice will be given to you by the Sonographer or Radiologist.

If you are taking Metformin for Diabetes, this may need to be stopped for 2 days after the scan but the ultrasound team will advise you of this on the day of your scan. You can take all other medications.

#### **Who carries out the imaging?**

The ultrasound is carried out by Radiologist, who is a consultant in this type of scan.

## What are the benefits of having an ultrasound exam?

Ultrasound captures images of the organs and tissue that do not show up on x-rays. You are not exposed to ionising radiation therefore, ultrasound is safer than x-rays and/or CT.

## What are the risks?

There are no known harmful risks with ultrasound. The contrast agent may occasionally cause an allergic reaction or other side effect. Sneezing, wheezing, a runny nose, eye irritation, itching, hives, a skin rash, swelling of the face, mouth, hands, feet or throat, difficulty in breathing and low blood pressure may indicate an allergic reaction.

Other side effects include headaches, nausea and vomiting. These reactions are very uncommon. If you experience any of these symptoms, please inform the Sonographer. If you have left the hospital, please contact your GP for advice. If symptoms occur out of hours, contact your local emergency department.

## Are there any alternatives?

Your referrer has decided that an ultrasound scan would be the most useful in your case. The examination will help your referrer to assess you more fully and plan any further treatment that might be necessary. If you would like more information about alternative imaging tests, please speak to the doctor or health care professional managing your care.

## What happens on the day of your procedure?

To enable us to clearly visualise the abdominal organs, we ask that you follow the preparation outlined below:

- **Do not eat for 6 hours before the scan**
- **Thus, if you have a morning appointment you should fast from midnight**
- **If you have an afternoon appointment, have an early breakfast but allow for at least 6 hours without food before your appointment**
- **Patients with appointments after 4.00pm should fast from 11.00 am**

**IT IS ESSENTIAL THAT YOU ARRIVE IN PLENTY OF TIME FOR YOUR APPOINTMENT**

## Asking for your consent

The sonographer/Radiologist will ask you if you are happy for the scan to go ahead. This is called verbal consent. If you do not wish to have the scan or are undecided, please tell the sonographer/Radiologist.

If you wish to have a chaperone present during your scan, please alert a health care professional before the scan begins.

Students/trainees may be present during the examination but only with your verbal consent.

Please remember that you can ask the Sonographer/Radiologist any questions you have at any time before, during or after your scan.

### **Will I feel any pain?**

Ultrasound is a safe and normally painless procedure but if you are tender to touch you may experience a little discomfort.

### **What happens during the scan with Contrast?**

- It is not necessary to undress for the examination, but you will need to uncover your upper abdomen
- You will be asked to lie down on the ultrasound couch
- A cannula will be inserted into your arm or hand
- Some gel will be applied to your abdomen
- A small probe will be placed in contact with the gel and moved over your abdomen
- You will be asked to change position to allow the area to be looked at from different angles
- You will be asked to hold your breath at several points
- During the scan the Radiologist will decide when to inject the contrast
- The number of staff will be kept to a minimum and is usually the person performing the scan (Radiologist or Sonographer) and possibly one other.
- The examination should take approximately 20 minutes to complete

### **What happens after your ultrasound exam?**

Once the examination is complete you can go home, or if an inpatient, return to your ward. The scan will be reported by the Radiologist and the report will be sent to your referring doctor or other professional who referred you for the scan.

### **When will I get the ultrasound exam results?**

The results will be sent to the referrer. If the ultrasound was requested by your GP, please contact them within 7 days of your ultrasound exam, or if the ultrasound exam was requested as an outpatient by a medical professional within the hospital, they will contact you with a review appointment. If you are an inpatient, your results will be shared with the referring Doctor within 4-6 hours.

## Image sharing

Your images will be electronically stored on the hospital picture archiving system. This data can be accessed throughout the Belfast Health and Social Care Trust and other doctors and health care professionals who are directly involved in your care. The ability to share images and radiological reports will improve the safety and quality of your care by ensuring that the right information is available in the right place at the right time.

In order to improve the medical services we provide we may also use your data as anonymously as possible for internal audit and medical education. If you would prefer that your data is not used for these purposes, please inform a member of staff when you attend for your examination.

If your data is to be used for research, then a separate consent process will be used. You will be asked for your consent, should this be the case.

## Contact us

If you have any queries, we will be happy to answer any questions on the day of your scan or you can contact us on the number given on your appointment letter.

Royal Victoria Hospital: 028 961 50971  
Belfast City Hospital: 028 950 40794  
Mater Infirmery Hospital: 028 950 41563  
Musgrave Park Hospital: 028 961 58900

## Feedback

We hope you found the information in this leaflet helpful. If it did not tell you what you needed to know or you would like to provide any feedback on your experience please let us know so that we can make any necessary improvements.

### ***You can provide feedback on your experience:***

Telephone: **028 9504 8000** (Monday-Friday: 9am-4pm)

Textphone: **18001 028 950 48000**

By email: [compliments@belfasttrust.hscni.net](mailto:compliments@belfasttrust.hscni.net)

By email: [complaints@belfasttrust.hscni.net](mailto:complaints@belfasttrust.hscni.net)

By completing an online form:

<http://www.belfasttrust.hscni.net/contact/FeedbackForm.htm>

## Care Opinion



We invite you to share your experience by clicking the following link:  
<https://www.careopinion.org.uk/>

or by scanning the following QR code on your smartphone or tablet:



## Language and accessible support services -

### Deaf/Hard of Hearing

If a Sign Language interpreter is required, please either telephone **028 9615 8900** via the Sign Video remote interpreting service (<https://signvideo.co.uk/deaf-community/>) or email us at [MPHAdminFOH@belfasttrust.hscni.net](mailto:MPHAdminFOH@belfasttrust.hscni.net) and we will arrange one for your appointment. Please have your H&C number ready when calling or include it in your email. This can be found at the top right corner of any Health and Social Care letters you may have received.

If you are unable to hear on the phone and need to contact us with regards to your appointment you can email us at [MPHAdminFOH@belfasttrust.hscni.net](mailto:MPHAdminFOH@belfasttrust.hscni.net).

### Do you need this information in another format or language?

The Trust has access to interpreting and translation services. If you need this information in another language or format, including Braille, large print, CD, audio tape please contact the telephone number **028 9615 8900** or e-mail address [MPHAdminFOH@belfasttrust.hscni.net](mailto:MPHAdminFOH@belfasttrust.hscni.net), and we will do our best to meet your needs.

### Polish - Czy potrzebujesz tych informacji w innym formacie lub języku?

Fundusz ma dostęp do usług w zakresie tłumaczeń ustnych i pisemnych. Jeśli potrzebujesz tych informacji w innym języku lub formacie, w tym w piśmie Braille'a, dużym druku, na płycie CD, kasecie magnetofonowej, skontaktuj się z nami pod numerem telefonu lub adresem e-mail **028 9615 8900 / MPHAdminFOH@belfasttrust.hscni.net**, a my dołożymy wszelkich starań, aby spełnić Twoje potrzeby.

### Arabic - هل تحتاج هذه المعلومات بصيغة أو بلغة أخرى؟

تستطيع الجمعية توفير خدمات الترجمة الفورية والتحريرية. إذا احتجت هذه المعلومات بلغة أو بصيغة أخرى، بما فيها صيغة برايل Braille أو صيغة بالأحرف الكبيرة، أو في سي دي CD أو في شريط مسموع، يُرجى الاتصال برقم الهاتفين أو عبر البريد الإلكتروني **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**، وسوف نبذل قصارى جهدنا في تلبية احتياجاتك.

### Lithuanian - Ar jums reikia šios informacijos kitu formatu ar kalba?

Tarnyba gali suteikti vertimo žodžiu ir raštu paslaugas. Jei reikia šios informacijos kita kalba ar formatu, įskaitant Brailio raštą, didelį šriftą, kompaktinį diską, garso įrašą, skambinkite telefonu arba susisiekite el. paštu

**MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900** ir mes padarysime viską, kad patenkintume jūsų poreikius.

**Romanian - Aveți nevoie de aceste informații într-un alt format sau altă limbă?**

Trustul are acces la servicii de interpretariat și traducere. Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un alt format, inclusiv Braille, tipărire cu caractere de mari dimensiuni, CD, înregistrare audio, atunci vă rugăm să ne contactați la numărul de telefon sau la adresa de e-mail **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**, iar noi vom face tot posibilul pentru satisfacerea necesităților dumneavoastră.

**Tetum - Ita presiza atu informasaun ida ne'e iha formatu ka lian seluk ka lae?**

Fidusiáriu ida ne'e iha asesu ba servisu durubasa no tradusaun. Se Ita presiza informasaun ida ne'e iha lian ka formatu seluk, inklui letra Braille, letra boot, CD, kasete audio, entaun favór telefone número ka enderesu e-mail **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**, no ami sei halo esforsu tomak atu kumpre Ita-nia nesesidade sira.