

INFORMATION AND PREPARATION SHEET

ULTRASOUND ABDOMEN SCAN

A guide to Ultrasound scan of abdomen

This information leaflet will explain what an Abdomen scan 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.

What is an ultrasound abdomen scan?

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.

Who carries out the imaging?

The ultrasound is carried out by either a sonographer or radiologist.

What are the benefits of having an ultrasound exam?

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

What are the risks?

There are no known harmful risks with ultrasound. To reduce the risk of infection by non-sterile ultrasound gel products, remove all residual gel from your skin after the procedure, and wash area when able to do so.

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.

Is there any preparation required?

- You will need to **fast for the examination (do not eat for 6 hours before your scan)**. You may **only drink a small amount of water** while fasting.
- If your appointment is in the **morning, do not eat from midnight the night before.**
- If your appointment is in the **afternoon, have an early breakfast but allow 6 hours without food before your appointment.**

It is essential that you arrive in plenty of time for your appointment

Medication

Please continue to take any prescribed medication as normal. This will not affect your scan.

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 abdomen scan?

- 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
- 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
- The number of staff present in the scanning room will be kept to a minimum during your procedure

- The examination should take approximately 20 minutes to complete
- To enable us to clearly visualise the abdominal organs, we ask that you follow this preparation advised

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 or sonographer 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 7-10 days of your ultrasound exam. 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 ultrasound scan or you can contact the department where your scan has been scheduled:

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

By email: 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 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.

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, 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 التليفون أو عبر البريد الإلكتروني **028 9615 MPHAdminFOH@belfasttrust.hscni.net / 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 númeru ka enderesu e-mail **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**, no ami sei halo esforsu tomak atu kumpre Ita-nia nesesidade sira.