

Obstetric and Pelvic Ultrasound

Please read this before your appointment. Feel free to ask questions.

Obstetric and Pelvic Ultrasounds are exams using sound waves to create pictures. For these types of ultrasounds we look at the organs inside the pelvis. An ultrasound technologist will perform the exam under the direction of a radiologist. A radiologist is a doctor who specializes in reading x-rays.

You are scheduled for an exam at the following HealthEast facility:

- | | |
|--|---|
| <input type="checkbox"/> St. John's Hospital | <input type="checkbox"/> Woodwinds Health Campus |
| <input type="checkbox"/> St. Joseph's Hospital | <input type="checkbox"/> HealthEast Medical Imaging |

Appointment Date: _____ **Time:** _____

Questions about scheduling, call: 651-232-5500

Preparation

For this exam, it is important to have a full bladder. We need to see the female organs and/or the position of the placenta for this exam. Your bowel lies in front of these organs and a full bladder will push this bowel away, allowing for better pictures. Please use the restroom an hour and a half before your appointment.

Please drink 32 ounces of water, **finishing about one hour before your exam**. Do not go to the bathroom until after the exam. Women in the later stages of pregnancy may not need to drink as much water to fill the bladder.

The Examination

In the exam room we will need to uncover your abdomen. When you enter the room, the technologist will explain the exam to you. They will ask you a few questions and answer any questions you may have.

The technologist will ask you to lie on a table on your back. These types of exams may be performed in one of two ways:

- 1) The first way is when a gel is applied to your skin. Then a small handheld instrument called a transducer will be moved across your stomach & or pelvic area while pictures are taken. Some people have a hard time with this because of the full bladder. We ask that you do your best until the exam is over.
- 2) The second way uses a small transducer that will be inserted into your vagina. The transducer is like a camera and is about the size of a tampon. You will be asked to empty your bladder before this exam.

Usually, both method(s) are used for the exam. When the technologist is finished, the pictures are read by the radiologist. Sometimes, additional pictures are needed.

When the Exam is Completed

The radiologist will study and interpret the films and report the findings to your doctor. Your doctor will explain the results to you.

You may return to your normal diet and activities unless instructed otherwise by your doctor. Feel free to ask questions if something is not clear to you. We welcome comments.

At HealthEast, we are dedicated to providing the best possible care. Thank you for taking time to read these instructions and we hope to make your experience as pleasant as possible.

Billing Information

You will be receiving two bills for this exam.

1. The technical fee is for doing the procedure. It will be from the HealthEast facility. If you have questions regarding this bill, call 651-232-1100.
2. The professional fee is for the radiologist's time. It will be from the radiologist's group. There will be a phone number on the bill that you may call if you have any questions regarding the charge.

Materials provided by HealthEast Patient Education Service. For 24 hour access and referral:

HealthEast Care Connection: 651/326-CARE (2273) · 1-866-326-CARE (toll free)
· www.healtheast.org