

Ultrasound

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

An **Ultrasound** is an exam that uses sound waves to create pictures. 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

Ultrasound preps vary. Please note which type of exam you are scheduled for. It is important to be sure you follow the correct prep.

Nothing to Eat or Drink After Midnight:

Abdomen
Aorta
Duplex Abdomen Organ
Gallbladder
Post Tips
Pre Tips
Spleen

Renal Doppler (With this exam, it is important to drink at least 32 ounces of fluid for four hours before the exam.)

Nothing to Eat or Drink 3 Hours Prior to the Exam:

Amniocentesis
Cyst Aspirations
Needle Biopsy
Paracentesis
Abscess Drainage
Thoracentesis

Preparation for OB, Pelvic & Bladder Ultrasound:

Please use the restroom an hour and a half before your appointment. Please drink 32 ounces of water, **finishing about one hour before your appointment.** Do not go to the bathroom until after the exam.

If the exam you are having is not listed, there is no preparation for your exam.

The Examination

You may or may not need to change clothes for your exam. The technologist will explain the exam to you. They will ask you a few questions and answer any questions you may have.

You will lie on a table and a gel will be applied to your skin. A small handheld instrument called a transducer will be moved across the area we are looking at while pictures are taken. Slight pressure may be used while the pictures are being taken. The technologist may ask you to hold your breathe while pictures are being taken.

When the technologist is finished, the films will be reviewed with the radiologist. Occasionally, additional films 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. We hope to make your experience as pleasant as possible.

Billing Information

You will receive 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