



## **Preparing for your Ultrasound-What you need to know.**

Ultrasound is an imaging technique, which uses high frequency sound waves to obtain picture of the organs and structures of the lower pelvis. The ultrasound allows the clinician to look at the bladder, uterus ovaries and blood vessels and any other structures that are pertaining to that individual's anatomy, such as the location of a foreign body, i.e., IUD, mesh, sling.

Organs and structures that are solid and uniform (such as the uterus and ovaries) or that are fluid-filled (such as the bladder or cyst) show up clearly on a pelvic ultrasound. Bones or air-filled organs, such as the intestines, do not show up well on an ultrasound and may keep other organs from being seen clearly.

The pelvic ultrasound that we perform can be done two ways: transvaginal and transrectal:

- **Transvaginal ultrasound.** The transducer is shaped to fit into a woman's vagina. A transvaginal ultrasound is done to look at the inside lining of the uterus and to have a better visualization of the ovaries. It can also be used to look at the pelvic floor muscles.
- **Transrectal ultrasound.** The transducer is shaped to fit inside the rectum. A transrectal ultrasound is the most common test to look at the internal and external anal sphincter muscles.

In all types of pelvic ultrasound, the transducer sends the reflected sound waves to a computer, which makes them into a picture that is shown on a video screen. Ultrasound pictures or videos may be saved as a permanent record.

### **How to prepare:**

Do not drink or void 2 hours before your scan.

You may have a regular diet and take your routine medications.

**Duration on the exam:** Approximately 30 minutes

**Post Procedure care:** None, you may resume normal activity.

**Results:** The clinician cannot give you your results or discuss them with you. A follow up appointment will be scheduled with the provider to discuss your findings and plan of care.