

Pelvic Ultrasound



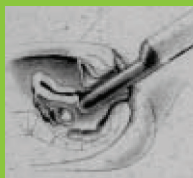
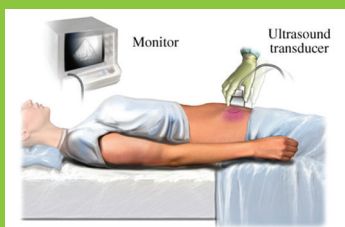
What is an Ultrasound scan?

Ultrasound scan (US) is a method of “seeing” inside the human body through the use of high-frequency sound waves. The sound waves are recorded and displayed as a real-time visual image. No ionizing radiation is involved in ultrasound scan.

What are the common types of Ultrasound scan?

US is widely used for “seeing” many of the body’s internal organs including heart, liver, gallbladder, breasts, etc.

In females, uterus and ovaries can be examined and during pregnancy, to monitor the health and development of the embryo.



How is Pelvic Ultrasound performed?

There are two methods of performing a pelvic ultrasound examination:

- Transabdominal scan
- Transvaginal scan

This examination is performed by a specially trained healthcare professional (Radiographer or Sonographer) or by a doctor.

TRANSABDOMINAL SCAN

How do I prepare for the procedure?

An adequately filled urinary bladder is required as this acts as a window to visualize the uterus and its surrounding organs. Without the window, visualization is affected and the organs cannot be properly seen.

At the same time, a bladder that is too full will tend to compress on the uterus and its surrounding organs, again resulting in an inaccurate picture.

Usually drinking 4-5 glasses of water and waiting for about 20-30 minutes will be adequate for an appropriate window to be formed. However, as each of our body system is slightly different it may take a longer or shorter time to form this window adequately. Some patients may also need to take more water than others.

Let us know, when you feel there is a need to empty your bladder and the radiographer will do a check. If it is adequate, the examination may proceed. If not, you will be accordingly advised.

Infrequently, the bladder may be over-filled, in this case, you will be advised to empty your bladder partially.

Do not empty your bladder until the procedure is completed and images are checked.

How is the procedure performed?

- You will be asked to lie on the examination table.
- A water soluble gel is applied over the lower abdomen. In order not to wet your garments you may be requested to remove them. In any case, the gel is water soluble and can easily be removed during routine laundry and will not stain your clothes.
- The probe will be pressed firmly against your body and moved until the desired images are captured.
- There may be varying degrees of discomfort from pressure as the transducer is moved over your abdomen, especially since you have a full bladder.
- Once all the images are obtained, you will be given tissue to wipe the gel off your abdomen.
- You will need to wait a short time while the images are checked.

The scanning examination is usually completed within half an hour.

ADVANTAGE OF TRANSABDOMINAL SCAN

- Broad view of the pelvis.

LIMITATION OF TRANSABDOMINAL SCAN

- Ultrasound waves are reflected by air or gas in the bowels and may prevent visualization of ovaries and surrounding area of the uterus.

TRANSVAGINAL SCAN

How do I prepare for the procedure?

- No special preparation is required.
- You may be required to empty your bladder prior to the scan.

How is the procedure performed?

- Specially designed probe with protective covering is lubricated with gel.
- **It is inserted into the vagina.**
- A cushion may be placed under the buttock to elevate it for patient's comfort and ease of scanning.
- Most of the time, it should not be painful. The discomfort, if any, is similar to that in a pap smear.

The scanning examination is usually completed within half an hour to an hour.

ADVANTAGE OF TRANSVAGINAL SCAN

- **Gives better visualization of the uterus and ovaries.**
- **Does not require a full urinary bladder.**

If you are married or sexually active, and upon your agreement, a transvaginal scan can be performed. Otherwise, only a transabdominal scan is done.

If you are a virgo intacta, usually only a transbdominal scan will be performed.

LIMITATION OF TRANSVAGINAL SCAN

- Does not give an overall image of surrounding area that is next to the uterus and ovaries.

Is there any risk involved?

Research has shown that to date there are no harmful effects associated with the medical use of ultrasound on the health and development of the embryo.

I confirm that I understand the information herein about Ultrasound Pelvis as it has been read by me and/or explained to me.

Name : _____

Passport/NRIC No.: _____

Signature: _____

Date: _____

Confirmation given before (staff's name): _____

Staff's signature: _____

Interpreted by (if any): _____

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