

Ultrasound Preparation

Abdominal Ultrasound Studies:

- No food or drink for 6-8 hours prior to your exam
 - Limited amounts of food and water are permitted for diabetic patients or to swallow medication
- Please continue taking your prescription medications

Renal Ultrasound Studies:

- No food for 4-6 hours prior to your exam
- Please drink 16 ounces (2 cups) of water 30 minutes prior to your appointment

Pelvic Ultrasound Studies:

- No dietary restrictions
- Please drink 16 ounces (2 cups) of water 1 hour prior to your appointment
- Please do not empty your bladder once you begin drinking water

Soft Tissue Ultrasound Studies:

- Please wear loose clothing that allows easy access to the area being scanned

No Preparation Required:

- Extremity Ultrasound
- Carotid Doppler Ultrasound
- Thyroid Ultrasound
- Breast Ultrasound
- Scrotum or Testes Ultrasound



Dear Patient,

You are scheduled for an ultrasound study. Please read this brochure thoroughly before your appointment. If you have any questions, please do not hesitate to call us.

Appointment Date: _____

Appointment Time: _____

Appointment Location: _____

(770) 442-1911

www.southeastmedicalgroup.com



**Point-of-Care
Ultrasonography**

Overview

Diagnostic ultrasound, also called sonography or diagnostic medical sonography, is an imaging method that uses high-frequency sound waves to produce images of structures within your body. The images can provide valuable information for diagnosing and treating a variety of diseases and conditions.

Ultrasound examinations are done using an ultrasound device outside your body, though some involve placing a probe inside your body.

Ultrasounds come with several benefits:

- They're typically painless and require no needles, injections, or incisions
- Patients aren't exposed to any radiation, making the procedure safer than X-rays or CT scans. There are no known harmful effects of ultrasounds when they're performed properly.
- Ultrasounds can capture soft tissue images that don't show up well on X-rays.
- Ultrasounds are widely accessible and generally less expensive than other diagnostic methods.

Ultrasound Study Types & Indications

- **Abdominal Ultrasound Studies** may indicate blood clots, fluid in the abdominal cavity, gallstones, hernias, pancreatitis, kidney blockage or cancer, liver cancer, and appendicitis.
- **Cardiac Ultrasound Studies (Echocardiogram)** may indicate changes in your heart size, vascular strength, damage to the heart muscle, valve problems, and heart defects
- **Vascular Ultrasound Studies** may indicate deep venous thrombosis (DVT), chronic venous insufficiency, or leaky valves in the veins.
- **Thoracic Ultrasound Studies** may indicate chest wall abnormalities, pleural effusion, rib fractures, or chest trauma.
- **Pelvic Ultrasound Studies** may indicate PCOS, ruptured ectopic pregnancy, ovarian cancer, PID, fibroids, and endometrial hyperplasia.
- **Musculoskeletal Ultrasound Studies** may indicate joint effusion, ligament tears, abscesses and cysts, rheumatoid arthritis, and fractures.
- **Aortic Ultrasound Studies** may indicate aneurysms, hypertension, and abdominal and back pain.
- **Carotid Ultrasound Studies** may indicate atherosclerosis, recent stroke, dizziness, vertigo, motor or sensory deficit, and aphasia/dysphasia.
- **Renal Ultrasound Studies** may indicate abnormal renal function, hematuria, kidney stones, urinary tract constructions, and dilated upper urinary tract.
- **Neck & Thyroid Ultrasound Studies** may indicate hypothyroidism, acute thyroiditis, thyroid and neck mass, and difficulty swallowing.
- **Scrotal & Testicular Ultrasound Studies** may indicate a scrotal mass, orchitis, spermatocele, torsion, varicocele, scrotal pain, and infertility.
- **Transvaginal Ultrasound Studies** may indicate pelvic pain or intermenstrual vaginal bleeding, post-menopausal bleeding, presence of polyps or fibroids, ovarian cysts or tumors, and ovarian cancer.
- **Breast Ultrasound Studies** may indicate breast pain, nipple discharge, and nonpalpable abnormalities.