After your test....

Your results are generally available within a few days. Consult with your physician for any necessary follow up.

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What are Abdominal and Pelvic Ultrasounds with Color Doppler?

Abdominal and pelvic ultrasounds are imaging tests using sound waves to produce images of your internal organs. Ultrasound uses sound waves to form pictures of your internal organs that appear on a screen.

- **Abdominal Ultrasound** is used to assess pain, or other symptoms. It can help detect problems in the upper abdominal organs including, kidney stones, liver disease, gallstones, and other inflammatory diseases.

- **Pelvic ultrasounds** can help assess pain, or other symptoms in the organs located in the pelvis or lower abdomen. In pregnant women, obstetrical ultrasound is used to evaluate the wellness of both the mother and fetus.

- **Color Doppler** is a separate analysis that measures the arterial and venous blood flow into and out of the internal organs being examined.

These ultrasound tests are performed by moving a probe over the abdomen, and pelvis. At times, it is also done by placing a probe inside the vagina. These exams use no radiation and are harmless.

Prepare Properly for your Abdominal Ultrasound Exam:

For the success of your abdominal ultrasound, prepare as instructed. Do not eat or drink after midnight before your test. This includes water, coffee, and other liquids you would normally have in the morning. If you eat or drink anything, your test may be canceled. You may be asked to put on a gown. The entire test time will take up to 45 minutes. Be sure to allow extra time to check in.

**Prepare Properly for your Pelvic Ultrasound:**

In most cases, your bladder must be full for this test. This is the only way to get clear images. Starting 1 hour before your test, drink at least four 8-ounce glasses of water or other clear fluid. To keep the test from being delayed or canceled, make sure your bladder is full. You may be asked to wear a gown. Your test may include 1 or 2 parts. The entire test is similar to abdominal ultrasound.

**The Procedure:**

You will lie on an exam table with your abdomen exposed. Non-greasy gel will be put on your skin. The sonographer will move a hand held transducer across your lower abdomen pressing down at times to clearly show the anatomy. You may see images of your organs on a screen. Be sure to do as instructed. This may include taking a deep breath, holding your breath, or rolling onto one side. The sonographer can answer your questions about the test.

Drink at least four 8-ounce glasses of water, starting 1 hour before the test.

In some cases with female Pelvic Ultrasound, your test may include a closer look at your internal organs. This is a transvaginal ultrasound exam. You must empty your bladder before this test. You will lie on your back with your knees raised. A slender hand held transducer called a probe covered with a non greasy gel will be placed inside your vagina. Or, you may be asked to insert the probe yourself, just as you would a tampon. Any movement of the probe should not be painful. Images of your pelvic organs will appear on the screen.

**Be Aware That:**

- The gel may feel wet, but don’t worry as it will not harm your skin or clothing.
- You may feel pressure. If the test is painful, let the sonographer know. The sonographer can answer questions about your test. The exam results will be explained to you by your physician.

For best results, answer the sonographer’s questions. These may address:

- Any current symptoms, or pain?
- Any history of surgery?
- Do you have prior Ultrasound Tests for comparison?
- Current medications you are taking?
- What is the reason for your exam?
- When did your last period start?
- Are you pregnant?

Your answers will help the sonographer tailor the test to your health needs.