



Patient Exam Prep Information

Pelvic Ultrasound

What is Ultrasound?

Ultrasound produces pictures of the inside of the body using sound waves. Ultrasound imaging is also called ultrasound scanning or Sonography. It uses a small probe called a transducer and gel placed directly on the skin. High-frequency sound waves travel from the probe through the gel into the body. The probe collects the sounds that bounce back. A computer uses those sound waves to create an image. Ultrasound exams do not use radiation. Because images are captured in real-time, they can show the structure and movement of the body's internal organs. They can also show blood flowing through blood vessels.

What is a Transabdominal Ultrasound?

The ultrasound is done through your abdomen. You lie on your back on an exam table. The technician puts a little bit of gel on the transducer. The gel helps the transducer move more smoothly and prevents air from getting between the device and your skin. The technician gently runs the transducer back and forth over the skin of your belly.

What is a Transvaginal Ultrasound?

The ultrasound is done through the vagina. You lie on your back on an exam table. You might have your feet up in stirrups. The transducer is covered in gel and a plastic or latex covering. Then it is inserted into your vagina, much like a tampon.

How to prepare for the Pelvic Ultrasound?

If you are having a transabdominal ultrasound, your bladder will need to be full. You will need to drink about 32 ounces or four 8-ounce glasses of water or another clear fluid at least 1 hour before the test. A full bladder makes your organs show up more clearly for the picture. You can use the bathroom after the exam. Wear loose, comfortable clothes to the exam.

A transvaginal ultrasound is done with an empty bladder. You will use the bathroom before the test. Wear loose, comfortable clothes to the exam.

For a video describing a pelvic, transvaginal ultrasound visit <https://youtu.be/6rJs-wyUaXQ> or how ultrasound works, visit <http://youtu.be/l1Bdp2tMFsY>