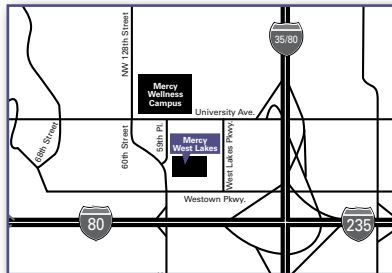
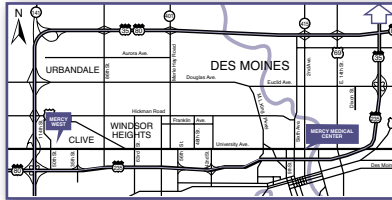
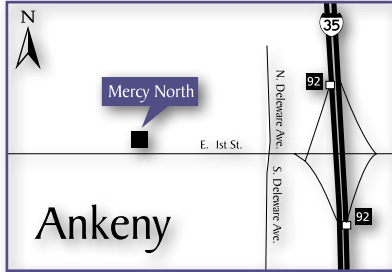


## Your appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_



### Mercy Medical Center

1111 6th Ave., Des Moines  
515-247-4357

Parking is available in the West Ramp or through Valet at the West Entrance. Enter through West Entrance and register at the Medical Imaging Registration Office.

### Mercy West

1601 NW 114th St., Clive  
Suite 128—Ultrasound  
Suite 149—Breast Ultrasound  
515-222-7550

Park in the lower level parking lot (northeast side of building). Enter through Main Entrance and register in Suite 128 or 149.

### Mercy North

800 E. First St., Suite 1100, Ankeny  
515-643-7676

Park on the south side of the building and enter through main entrance.

### Mercy West Lakes

1601 60th St., West Des Moines  
515-358-8250



## Ultrasound

If you have questions about the procedure or your appointment, please call the Medical Imaging department at your scheduled location.



*A member of Mercy Health Network*  
1111 6th Ave. • Des Moines, IA 50314-2611



Your Doctor has requested an Ultrasound/Doppler exam. The following information outlines what to expect.

Ultrasound is an examination technique that uses high frequency sound waves to make images of several parts of the body. An ultrasound generally involves little or no discomfort. There are no known side effects, and it does not require any radiation.

#### How do I prepare for the exam?

Most Ultrasound exams do not require any preparation prior to the exam. Wear comfortable clothing around the area to be examined. The technologist may ask you to change into a hospital gown, depending upon the type of exam. The technologist will go over a brief medical history prior to the exam. For abdominal ultrasounds, you may be asked not to eat or drink for eight hours prior to the exam. For pelvic exams, please arrive to your appointment with a full bladder (six to eight glasses of water).

#### What happens during the exam?

You will be asked to lie on an exam table for the test. The technologist will apply a warm gel over the area to be examined, then move an instrument, called a transducer over your skin to obtain the images of the area. The technologist will closely monitor the equipment as the exam is performed. Typically the test will vary from 15 – 45 minutes depending upon the exam being performed.

#### Abdominal, Aorta, or Gallbladder Ultrasound

You will need to fast for at least eight hours prior to the exam. You will need to hold your breath for a few seconds at a time for the images. Exam length – 15 to 45 minutes.

#### Abdominal Doppler (SMA, Renal Artery, Portal)

You will need to fast for at least eight hours prior to the exam. During the exam you will be instructed to hold your breath for a few seconds at a time to obtain the images. Exam length – 45 to 60 minutes.

#### Extremity (Arterial and Venous) and Carotid Doppler's

No preparation is needed for this type of exam. Exam length – 30 minutes to occasionally two hours.

#### Pelvic and Obstetrical (First trimester) Ultrasound

You will need to drink six to eight, eight ounce glasses of clear liquid one hour prior to your exam so that you have a full bladder for the exam. In most cases an endovaginal ultrasound is also performed. To do this, an ultrasound probe is inserted inside the vagina so that a more detailed view of the uterus and ovaries can be obtained. Exam length – 30 to 45 minutes.

#### Renal Ultrasound

The only prep for this exam is that you drink plenty of liquids prior to the exam so that you are well hydrated. Exam length – 15 to 30 minutes.

#### Prostate or Transrectal Ultrasound

For this exam you will need to give yourself a fleets enema one hour prior to the procedure. The technologist will insert an ultrasound probe inside the rectum. The probe is about the diameter of a finger and will take images of the prostate. Exam length – 15 to 30 minutes.

#### Biopsy, Paracentesis, or Thoracentesis

Do not eat or drink anything for four hours prior to the exam. Please arrive at the hospital or clinic one hour before the scheduled time so that blood can be drawn, if needed, to make sure your clotting factors are normal. Be sure to bring a list of your medications and dosages with you. In some cases an I.V. will need to be started. The ultrasound image will help the Radiologist guide a needle to the correct area to be biopsied or drained. Depending on the type of procedure, your recovery time may vary from one hour to overnight.

#### After the exam

You may be asked to remain on the table while the technologist checks the images. Occasionally, the radiologist or technologist may take a second look with the transducer and take a few additional images.

#### Results

A radiologist will review your exam and send a report to your health care provider within one to two business days. Your healthcare provider will review the report and contact you with the results.