

Further information and help

If you have any questions regarding your appointment time or the examination your doctor/ healthcare professional has asked for, please contact the Radiology Department.

Radiology Department

Tel: 01851 708224

Open: Monday-Friday from 8.30am-5pm

Patient Transport

If you require patient transport please contact:

Tel. 0300 123 1236

Please note that if you are arriving by car, please arrive ahead of time as parking is often scarce and it may take some time to find a parking space.

Coronavirus measures

Given the current COVID-19 pandemic there are measures in place in our hospitals and at all healthcare appointments to ensure the safety of you, other patients and our staff.

You are asked to:

- please arrive at your appointment on time (do not attend early or late)
- attend alone where possible unless you require support (need to check if this is the case with ultrasounds)
- not attend your appointment if you have any symptoms of COVID-19, or if you have tested positive for COVID-19, or if you have been asked to self isolate by Test and Protect or via the Protect Scotland app.

You will be required to follow our safety instructions at our premises. For example, you must wear a clinical face mask at appointments

(which we will provide) unless you are medically exempt. If you are medically exempt, you must present a Scottish Government Exemption Card (visit www.exempt.scot or tel. 0800 121 6240 for details of how to get one]. You will also be required to hand sanitise at several points when you attend, including on entry to the premises. If you have symptoms, you must immediately self-isolate and book a test (tel. 01851 601151 or email: wi.covid19queries@nhs.scot)

You will also be required to keep a safe two metre distance from others at all times, with the exception of when one of our clinicians is providing direct clinical care, or an examination.

Please remember **FACTS** and stay safe.

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at:
- www.wihb.scot.nhs.uk or share your story at:
- www.careopinion.org.uk or 0800 122 31 35
- tel. 01851 708069 or 07814 071868 Monday-Friday between 9am-5.30pm.

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Written by: Radiology Department, Western Isles Hospital

Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Bòrd SSN nan Eilean Siar
NHS Western Isles

Radiology Department

Ultrasound



Patient information leaflet

Having an Ultrasound

An ultrasound takes real time pictures of a part of your body using sound waves.

The people who take ultrasound images are called Sonographers.

Before the examination

Your Ultrasound appointment letter will provide you with the date and time of your appointment. Should you have any questions, please do not hesitate to contact the Radiology Department.

Your appointment letter might ask you to not eat for four hours before your appointment. However, it is okay to drink black tea/coffee (without milk) or water before having your scan.

Your appointment letter might ask you to come for a scan with a full bladder. To do this, you will need to drink 1 litre of plain water one hour before your scan. Please do not drink fizzy juice before your scan.

Should you have any questions, please do not hesitate to contact the Radiology Department.

When you arrive at Radiology

Your scan will take place in the Radiology Department, often called the "X-ray department".

On arrival, give your appointment letter to the staff member at the reception desk. They will ask you to take a seat in the waiting room and let the Sonographer know you have arrived.

At your examination

The Sonographer, or their assistant, will collect you from the waiting room. If you are needed to change clothing you will be lead to a changing cubicle to put on a hospital gown.

You may be asked to remove some of your clothes and jewellery.

Your name, date of birth and address will also be checked to ensure the correct patient is being imaged.

The Sonographer will ask you to lie on the couch next to the Ultrasound machine and will put some cold gel onto the area to be scanned.

The Sonographer will sit alongside you and put the Ultrasound probe (a device which produces sound waves that bounce off body tissues and make echoes) on top of the gel and move it slowly around.

With your consent, you can have a parent/ guardian or carer with you when having your Ultrasound scan.

How long does it take?

Ultrasound appointments usually take between 10-40 minutes, depending on the area being imaged.

Please remember that the Radiology Department deals with emergencies as well as booked patients, and sometimes appointment delays are unavoidable.

However, if you wait longer than 20 minutes without an explanation, then please inform a member of staff.

When will I get my results?

The Sonographer will write a report on the images they have taken and send a copy of your results back to the GP/healthcare professional who referred you for the scan.

They will then contact you with the results.

Are there risks of radiation?

There is no radiation used when taking Ultrasound images.

Ultrasound imaging is considered very safe, and is often considered as the first investigation before others which use x-ray radiation to produce images.

Ultrasound images are made using and interpreting sound waves. The risk of adverse effects from ultrasound waves are very low.

Please note that you are assured that all safeguards to minimise effects are taken.