

images they have taken and send a copy of your results back to the healthcare professional who referred you for the scan. They will then contact you with the results.

Please do not contact the Radiology Department for 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.

## Getting to your appointment

### Parking

There is free parking at the hospital. Please allow plenty of time to find a parking space as spaces are often limited. There is disabled parking close to the main building.

Patient transport is available, if required. To book, telephone the contact number in your appointment letter.

### Inside Western Isles Hospital

The X-ray Suite is located in the Radiology Dept. on the ground floor of Western Isles Hospital.

- From the main reception follow the left corridor past the lifts.
- Take the first right, then the first left.
- Walk down the corridor until you reach the double doors on your left leading you into the Radiology Department, and report to the reception desk.

## 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

## 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 [www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk) or share your story at: [www.careopinion.org.uk](http://www.careopinion.org.uk) or tel. 0800 122 31 35
- tel. 01851 704704 (ext 2236) Monday-Friday between 10am-4pm.



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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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NHS Western Isles

Radiology Department

# Ultrasound Examination



Patient information leaflet

## What is an Ultrasound?

An ultrasound examination 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

Please pay **close attention** to the instructions in your appointment letter as you may be asked:

**not to eat for four hours** before your appointment. This is because fasting for four hours reduces the amount of gas in the abdomen, helping towards higher quality images. However, it is okay to drink black tea/coffee or water before having your scan.

to come for a scan with a **full bladder**. This means drinking at least 1 litre of water one hour before your scan. Not drinking enough water can lead to poor-quality images or a rescheduled appointment because water helps conduct the sound waves used to create the images. If your bladder is not full at the appointment you may need rebooked to attend another day. **Note.** Please do not drink fizzy juice before your scan.

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

## Preparing for the examination

### Medicines

Please continue to take any prescribed medicine.

### Dress

Please wear clothes with as little metal as possible. For example, a soft tracksuit without zips, underwear without clips or underwire. We can also provide a gown, and offer changing cubicles, with facilities for disabled people.

### Valuables

If possible, please leave all your valuables at home. The changing rooms can be locked, but we cannot accept responsibility for anything that is lost.

### Language difficulties

If you need to an interpreter, please phone 01851 708224 as soon as you get your appointment.

## When you arrive at Radiology

We advise that you attend 5-10 minutes before the time given in your appointment letter.

On arrival, please report to the receptionist in the Radiology Department and give them your appointment letter. They will ask you to take a seat in the waiting room and let the Sonographer know you have arrived.

The Sonographer will then collect you from the waiting room and:

- check your name, date of birth and address
- confirm the area we are going to ultrasound
- explain the procedure
- allow you time to change if you need to.

## At your examination

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.

The Sonographer may ask you to hold your breath or move onto your side – this is to help obtain pictures that are not blurry and focus on the correct area.

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