

## How to contact us?

### Toll-free booking line

1-866-752-6989 or 416-281-7299

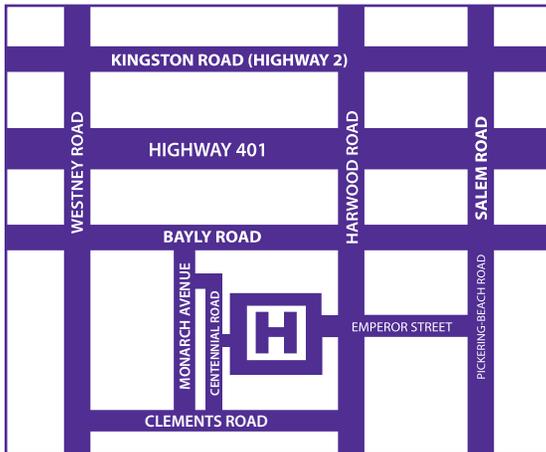
### Toll-free fax line

1-866-752-6990 or 416-281-7483

### Rouge Valley Ajax and Pickering

580 Harwood Avenue, Ajax

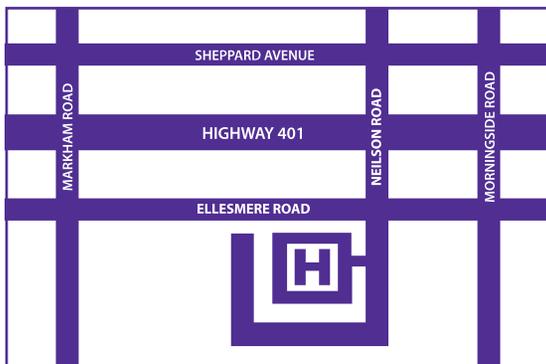
905-683-2320



### Rouge Valley Centenary

2867 Ellesmere Road, Toronto

416-284-8131 ext. 4135



Our mission at **Rouge Valley Health System** is to provide the best health care experience for our patients and their families.

Our vision is to be  
**the best at what we do.**

Our hospital campuses:

#### Rouge Valley Ajax and Pickering

580 Harwood Avenue

Ajax, ON L1S 2J4

905-683-2320

#### Rouge Valley Centenary

2867 Ellesmere Road

Toronto, ON M1E 4B9

416-284-8131

# Ultrasound



Diagnostic Imaging



The best at what we do.

[www.rougevalley.ca](http://www.rougevalley.ca)

**Ultrasound imaging** is a method of visualizing structures inside the body through the use of high-frequency sound waves. A transducer or probe is used to transmit and receive the sound waves, and the received waves or “echoes” are displayed as a visual image. Because ultrasound images are captured in real time, they can show movement of internal tissues and organs. They also allow radiologists to see blood flow and structure.

People commonly think of ultrasound being used to see babies in their mothers’ wombs, however, ultrasound is a valuable way to examine many internal body parts—including abdomen, pelvis, obstetric, musculoskeletal, breast, thyroid, and major blood vessels. In fact, ultrasound is used for all of the following:

- Diagnosis, screening for disease and to aid in the treatment of diseases or conditions;
- Evaluating blockages to blood flow, build-up of plaque in a vessel, and congenital abnormalities (this is done through a special technique known as *doppler ultrasound*); and
- Helping radiologists to guide needles into areas of the body that need to be biopsied (removal of a small bit of tissue for analysis).



A Rouge Valley technologist performing an abdominal ultrasound.

## What you can expect

During the ultrasound exam, you will be laying on a stretcher. Gel will be wiped on to your skin so that the sound waves are not distorted as they cross the skin. Then, the ultrasound technologist will use a transducer or probe to place a varying amount of pressure on your skin to visualize and evaluate the specific structures that have been requested by your doctor.

## Are there any risks?

There are no known risks to ultrasound.

## How you should prepare

### Obstetrical, gynecological and pelvic exams (including prostate)

A full bladder is very important for this type of exam. Please drink 25-30 ounces of fluid (not milk) one hour before your appointment time. Do not empty your bladder after drinking the fluid.

### Abdominal (liver, pancreas, gall bladder, kidneys) exams

- **Morning appointments:** Do not eat or drink after midnight.
- **Afternoon appointments:** You may have a light, fat-free breakfast, and then do not eat or drink anything.
- **Paediatric examinations (0–2 years of age):** The child should not eat two hours prior to appointment time.
- **All other examinations:** No preparation is required.

## Remember ...

If you have any questions or concerns, please speak with your surgeon or family doctor. You may also contact Telehealth Ontario (24-hour service) at 1-866-797-0000.