

Keeping you and your family safe during your visit:

Wear your hospital ID bracelet while you are at the hospital.

Let us know if you:

- Have had a fall in the last year.
- Require a cane, walker, crutch or wheelchair.
- Feel confused, dizzy or might lose your balance.

We are happy to provide any assistance you need.

Use hand sanitizer from the stations provided to help promote infection control.

Help us create a barrier free environment by identifying any entry, exit or services we provide, that may limit your accessibility.

Ask for our free interpretation services or free captioning service apps available to use on your smartphone if you are deaf, deafened or hard of hearing.

We take pride in providing equal care for all. With your help, we can improve our service and provide a safer healthcare environment. During your visit:

- Let us know how we are doing.
- Tell us if we can provide better care for you.
- Ask us questions about anything you don't understand.

Form 300369 (05/2023)

SHN DIAGNOSTIC IMAGING

Ultrasound

A guide for patients and families

Birchmount hospital

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Scarborough, ON M1W 3W3
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Centenary hospital

2867 Ellesmere Road
Scarborough, ON M1E 4B9
416-284-8131

General hospital

3050 Lawrence Avenue East
Scarborough, ON M1P 2V5
416-438-2911



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What is Ultrasound?

An Ultrasound or Sonogram is an examination that uses soundwaves to visualize structures inside the body.

A transducer (or probe) is used to transmit the soundwaves and the received waves (or echoes) are displayed as a visual image.

Ultrasound images are captured in real time, so they are used to demonstrate movement of tissues and organs, blood flow and structure. It is a valuable tool often used to locate and remove tissue samples for further investigations (biopsies).



What should I expect?

You may be asked to change into a gown. During the ultrasound exam, you will be laying on an examination table or stretcher. Gel will be placed on to your skin to provide a contact between

your skin and the ultrasound transducer/probe. The ultrasound technologist will use the transducer/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.

Ultrasound does not use ionizing radiation and there are no known risks.

During the scan you may be asked to hold your breath and change position to get the desired images.

How do I prepare for an Ultrasound?

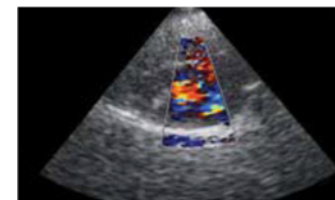
Obstetrical, gynecological or pelvic examinations need a full bladder. You will be asked to drink 25-30 ounces of water before your appointment time.

For abdominal examinations such as liver, gallbladder, pancreas or kidneys, you will need to stop eating or drinking 4 hours before your scan. It is okay to take your usual medication with sips of water.

Our booking department will advise you if any additional or specific instructions are needed.

How long does an Ultrasound scan take?

Depending on the type of ultrasound, it can vary from 30-60 minutes to perform.



The images of the scan will be interpreted by a Radiologist (imaging specialist) and the results will be sent to your physician.

There are no side or after effects to an Ultrasound scan, so you will be able to drive, eat, drink and return to normal activities directly after your scan.

Let us know if you:

- Are unable to perform any of the instructions required, before your appointment.
- Have any questions or concerns about your Ultrasound scan.