

## Newson Clinic Knowledge Factsheet

### How should I prepare for my ultrasound?

Ultrasound scans at Newson Clinic comprise of two scans – a transabdominal scan and a transvaginal scan.

Before your appointment you should drink enough water to feel full with the sensation that you need to use the bathroom, but don't empty your bladder until the first scan is over. Having a full bladder enables us to gain much better views of your womb and the surrounding pelvic areas.

You should wear comfortable, loose-fitting clothing for your ultrasound. You will need to remove clothing below the waist but you will then be covered with a broad sheet of tissue paper.

#### How is the procedure performed?

A female chaperone will be with you during the scans.

#### Transabdominal scans:

For most ultrasound exams, you will be positioned lying on your back on the examination couch.

After you are positioned on the examination couch, the sonographer will apply a warm water-based gel to your lower abdomen. The gel will help the transducer make secure contact with your body and eliminate air pockets between the transducer and your skin that can block the sound waves from passing into your body. The transducer is placed on your body and moved back and forth over the area of interest until the desired images are captured.

There is usually no discomfort from pressure as the transducer is pressed against the area of your body being examined. However, if scanning is performed over an area of tenderness, you may feel pressure or discomfort from the transducer.

Once the imaging is complete, the clear ultrasound gel will be wiped off your skin. Any portions that are not wiped off will dry quickly. The ultrasound gel does not usually stain or discolour clothing.

#### Transvaginal scans:

A transvaginal ultrasound provides more detailed images and is usually performed to view your endometrium (the lining of your womb) and your ovaries. Transvaginal ultrasound also evaluates your myometrium (muscular walls of your womb). Transvaginal ultrasound is performed very much like a gynaecologic exam and involves the insertion of the transducer into your vagina after you empty your bladder. The tip of the transducer is smaller than the standard speculum used when performing a cervical smear test.