

# How to Prepare for Your **Ultrasound (Abdomen)**

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## Exam Overview

### *What is Ultrasound?*

Ultrasound uses sound waves to obtain a medical image or picture of various organs and tissues in the body. It is a painless and safe procedure.

A technologist will assist you onto the examination table. At this time, a water-based transmission gel will be applied to the area of your body that will be examined. A transducer will be moved slowly over the body part being imaged. The transducer sends a signal to an on-board computer which processes the data and produces the ultrasound image. It is from this image that the diagnosis is made.

You won't feel a thing except for the slight pressure and movement of the transducer over the part of the body being imaged. It is important that you remain still and relaxed during the procedure. The ultrasound images will appear on a monitor similar to a TV screen and will be recorded either on paper or film for a detailed study.

## Ultrasound (Abdomen) Exam Prep Checklist

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- Do not eat or drink anything after midnight the night before your procedure.
- Please be sure to bring your referral from your doctor or we may not be able to perform your test.
- Please arrive 10 minutes early to register.

