

# What is an Ultrasound Scan?

(Eastern services)

## Other formats

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- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- [rduh.pals@nhs.net](mailto:rduh.pals@nhs.net)

## What is an Ultrasound Scan?

This is a simple examination, which uses sound waves to build up a picture of your body on a television screen. Ultrasound examinations are carried out by sonographers and radiologists.

## Why do I need this examination?

It has been identified you have some symptoms that require you to have an ultrasound examination, or you may need a follow-up examination to monitor your medical condition.

## Are there any risks?

Ultrasound has been in regular use for many years and is considered safe. However, as a medical examination, it will only be performed with good medical reason and by staff with the appropriate qualifications and experience.

## What do I need to do?

You need to read the accompanying letter carefully. It may contain specific instructions that need to be followed in order to give a successful result.

## Can I still take my regular medication?

You can still take any regular medication, unless you have been asked to starve and the medicine requires you to take it with food.

If you are diabetic and have been asked to starve, please contact us on the telephone number listed on the top of your appointment letter. We may need to make special arrangements for you.

## Hoists and slings

If you require a hoist please inform the department prior to your appointment on the contact numbers listed in your appointment letter to ensure availability of equipment and suitably trained staff. We may be able to support the use of your own sling, but evidence of its six monthly safety (LOLER) examination is required and it will need to pass a visual inspection first. We can provide approved single-use slings that are readily available in the department.

## How long will it take?

The examination usually takes between 15-30 minutes to complete. This depends upon the type of scan needed.

## Chaperones

Where examinations of an intimate nature are carried out we will ask if you would like a chaperone present (who will be another sonographer or radiography assistant). You do not have to have a chaperone if that is your choice. You may also wish to bring a friend or family member with you to the examination, please speak to the sonographer if this is something you would like to do.

## During the scan

You may be asked to change into a gown by a colleague. This will depend upon the area of the body to be examined.

On entering the ultrasound room, the sonographer/radiologist performing the scan will introduce themselves and ask you to lie on a couch, or sit on a chair.

A special gel will be placed on the part of your body that is to be examined. A small transducer (ultrasound 'camera') is then moved over the skin to obtain a picture. The examination is usually painless; however, you may feel some pressure as the transducer is applied to get a better view.

## Children

We ask that you not to bring children if at all possible. We appreciate that at times this may be difficult. Therefore, you may wish to bring another adult with you to supervise them in the waiting area whilst your examination is performed.



## PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact PALS:

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- 01271 314090 (for North Devon services)
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## Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

You can also share your feedback on the Care Opinion website at [www.careopinion.org.uk](http://www.careopinion.org.uk) or freephone 0800 122 3135.



Scan the QR code to visit the Care Opinion website →

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