

## Information for Patients

# Information about your Ultrasound Scan (Pregnancy and Non-Pregnancy)

*Please make sure you have childcare arrangements in place prior to attending for your scan. You are strongly discouraged from bringing children with you to your scan as it is a medical examination, and the effectiveness may be impacted.*

## What is an Ultrasound Scan?

An ultrasound scan uses sound waves to take pictures of your body. The sound waves are of a much higher frequency than normal so you cannot hear them.

A type of gel is used to help conduct the sound inside the body.

Some body parts require you to follow some special preparation prior to attending for your scan. Please see your appointment letter for details.

## Why do I need an ultrasound scan?

**For non-pregnancy related scans** - your doctor has requested for you to have an ultrasound scan so that they can get detailed pictures of the size, shape and function of the area, to look for any abnormality.

**If your scan is pregnancy related** - your doctor or midwife has requested for you have an ultrasound scan to determine that your pregnancy is progressing normally and that your baby is growing and developing at the normal rate. The scan is also to check for any potential problems with the baby.

## What happens during the Ultrasound Scan?

Ultrasound scans are carried out in the Radiology Department, either by a Radiologist (doctor specialised in imaging techniques) or a Sonographer (non-doctor who specialises in ultrasound imaging).

- You may be asked to change into a hospital gown.
- You may be asked to remove certain items of clothing and jewellery.
- The person completing the procedure will confirm some details including your address and date of birth to check your identity.

You will need to lie on the bed with the lights turned down low so that the radiologist or sonographer can see the screen easily. They will put some ultrasound gel on your skin, over the area being scanned, and move a probe over the area.

If you have been referred for a pelvic ultrasound an internal examination may be required. This will be explained further on the day of your exam by the radiologist or sonographer.

We employ both male and female radiologists and sonographers, if you would prefer a particular gender to perform your examination, please inform reception when you check-in and every effort will be made to accommodate. You may request a chaperone at any time.

Please be aware that trainee radiologists and sonographers often perform ultrasound examinations, and they will ask a senior colleague to check at the end of the procedure to ensure a quality examination has been performed.

## Will it hurt?

You cannot feel the ultrasound scans sound waves, so the procedure itself is painless. However, it is important to get into the correct position. Holding this position / lying on a table may, for some, feel uncomfortable, but for most patients this is not the case.

The radiologist or sonographer may also need to apply some pressure with the probe which may cause some discomfort, if this is the case, please let us know and we will try to minimise the pressure used.

## Are there any risks with this examination?

No, ultrasound scans use only sound waves, rather than x-rays or magnetism, to form pictures.

## How do I prepare for my Ultrasound Scan?

### Timing:

You should plan to be in the department for up to 2 hours. Your appointment letter will give you more details.

We will try to keep your appointment time, but occasionally we have to see patients urgently at short notice. This means that your appointment could be delayed. We will let you know if this is the case.

Sometimes we will advise you not to eat or drink before your scan. Your appointment letter will tell you how long before your examination to stop.

### Help and support in the department.

If you have any medical problem which you feel may affect your safety in the department, or if you feel you may need any assistance, please let us know when you arrive.

Please be aware that trust policy is that family members cannot interpreter for patients. If you require an interpreter, please contact your scan department via the contact details provided on your appointment letter.

## Do I need to give my permission (consent)?

The sonographer or radiologist will ask you if you are happy for the examination to go ahead. This is called verbal consent and may simply involve the sonographer checking that you are booked for the correct ultrasound examination.

If you do not wish to have the examination or are undecided, please ask the sonographer or radiologist so that they can answer any questions you may have. Remember, it is your decision. You can change your mind at any time and your wishes will be respected.

However, not having the examination may delay your diagnosis as the referring clinician may not have all the needed information.

## How long will it take?

An ultrasound scan usually takes between 15 and 30 minutes, depending on the part of the body being scanned.

## What happens after an Ultrasound Scan?

When enough pictures have been taken, we will wipe off the jelly so that you can get off the bed and go home if no further tests or treatment is planned.

## When will I get my results?

The images will be studied by a radiologist and the results will be sent to the person who referred you for the examination.

The sonographer or radiologist will tell you how to get your results and how long it will take, as this may be slightly different for each patient.

You may already have an appointment with the clinician who did the referral. If not, please contact them to arrange a time to talk about the results and any treatment that is required.

If your scan is pregnancy related, the results will be added to your maternity notes.

If you are staying in hospital, the results will be given to the doctors looking after you on the ward.

## What should I do if I have a problem?

You should not have any problems that is a result of the Ultrasound scan. If you feel your condition has changed, or you need further medical advice before receiving your results/after leaving the hospital, please make an appointment with the doctor that referred you, or in an emergency, go to your nearest Emergency Department (ED).

## How can I provide feedback for the appointment I have attended today?

The Division of Imaging welcomes feedback from all our patients. We actively take part in the Friends and Family Test, and we complete a patient experience questionnaire every month to obtain feedback on the experiences you have had. Please speak to a member of staff regarding the feedback or there are posters within the department with QR codes so you can complete these online.

## Contact us

For contact information please refer to your appointment letter or if you are an inpatient please direct your queries to one of the medical staff on the ward.

### Language and accessible support services:

If you need an interpreter or information about your care in a different language or format, please get in touch.

### Your comments and concerns

If you would like to provide feedback, you can:

- Ask to speak to the department lead / manager.
- Write to us: Patient Advice and Liaison Services, 1<sup>st</sup> Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester, M13 9WL.
- Log onto the Patient Opinion website [www.patientopinion.org.uk/](http://www.patientopinion.org.uk/) click on 'Tell your Story'

If you would like to discuss a concern or make a complaint:

Ask to speak to the department manager – they may be able to help straight away. Inpatients can speak to a senior nurse or manager by contacting the Tell Us Today service on (0161) 701 1999.

Contact our Patient Advice and Liaison Service (PALS) on (0161) 276 8686 email: [pals@mft.nhs.uk](mailto:pals@mft.nhs.uk). Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.

### NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

Telephone: 111, 24 hours a day

Website: [www.111.nhs.uk](http://www.111.nhs.uk)