

US ABDOMEN

PREPARATION INSTRUCTIONS:

- Please **do not eat or drink** anything (except water) for a **minimum of 6 hours** before your appointment time.
- Please only drink clear fluids (i.e. water) before your appointment;
- You may take required medications with water.
- If you are a diabetic please take your insulin and also bring food with you to your appointment to have straight after or when required. If you take oral medication with food, then you may have dry biscuits or dry toast with water up to **two hours** before your examination time. You may continue to take any medication.
- Please wear loose clothing to enable the sonographer to easily access the part of your body that is being examined.

What is an Ultrasound scan?

An ultrasound scan is a test that uses high frequency sound waves to create images of the organs and soft tissues in your body. It can provide accurate information about the size, shape and structure of these different parts. Ultrasound is a very commonly used method of imaging and has no known harmful effects on humans.

What to expect during a scan?

You will be called into the scan room and your identity will be checked. You will be asked to move or remove some clothing and then to lie down on an examination couch. The lights will be dimmed to allow the sonographer a clear view of the screen.

Gel will be spread on the area of your body being examined and the sonographer will place a hand held probe onto your skin. By moving the probe, the sonographer will be able to see the necessary views of your anatomy to allow them to obtain the information needed. You may be asked to hold your breath at times to help them see more clearly. Selected images are saved as a record of the examination.

An ultrasound examination should not be painful, but some patients may occasionally find a little discomfort from the pressure of the probe over certain areas.

After your scan

After the examination you will be able to eat and drink as normal.

The sonographer will review the images and write a report of their findings and these results will be forwarded to your doctor. You should contact your doctor approximately one week after your appointment to get the results of the scan.

If you have any other questions, please do contact us on 0800 6524157

US ABDOMINAL and PELVIS ULTRASOUND (US PELVIS TA and TRANSVAGINAL)

PREPARATION INSTRUCTIONS:

For the Abdominal and Pelvis ultrasound:

- Please **do not eat** anything for a **minimum of 6 hours** before your appointment time.
- Please arrive with a full bladder for this examination.
- Use the following instructions to achieve this:
- **One and a half hours** before your appointment time, go to the toilet and empty your bladder.
- Then drink **1½ pints (800ml)** of water, **or more** to ensure your bladder is full.
- **Finish drinking 800 ml of water 30 – 45 minutes before your exam time.**
- Please **DO NOT empty your bladder** until after your examination.
- You may take required medications with water.
- If you are a diabetic, please take your insulin and also bring food with you to your appointment to have straight after or when required. If you take oral medication with food, then you may have dry biscuits or dry toast with water up to **two hours** before your examination time. You may continue to take any medication.
- Please wear loose clothing to enable the sonographer to easily access the part of your body that is being examined

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You will be called into the scan room and your identity will be checked. You will be asked to move or remove some clothing and then to lie down on an examination couch. The lights will be dimmed to allow the sonographer a clear view of the screen.

Gel will be spread on the area of your body being examined and the sonographer will place a hand-held probe onto your skin. By moving the probe, the sonographer will be able to see the necessary views of your anatomy to allow them to obtain the information needed. You may be asked to hold your breath at times to help them see more clearly. Selected images are saved as a record of the examination.

An ultrasound examination should not be painful, but some patients may occasionally find a little discomfort from the pressure of the probe over certain areas.

For a female pelvic scan, in most cases, you will be offered a transvaginal (TV or internal) scan as this can often provide greater detail to aid diagnosis in the pelvic region. The Sonographer will place a narrow probe inside your vagina. This probe will have a latex-free cover over it. The probe is then gently moved to allow visualisation of the pelvic organs. The sonographer will discuss this examination with you, should it be required. You will be asked to empty your bladder before this procedure. **The examination can still be undertaken during your period**

If you have had a positive pregnancy test prior to your scan, please contact us on 0800 6524157

Important

If you are a virgin or unable to tolerate an internal scan you will be offered a transabdominal scan (TA) instead. For this you will need a full bladder – Please follow Preparation instruction as outlined above.

After your scan

After the examination, you will be able to go to the toilet if you have not already done so and you will be able to eat and drink as normal. The sonographer will review the images and write a report of their findings. These results will be forwarded to your referring doctor. You should contact your doctor approximately one week after your appointment for the results of your scan.

If you have any other questions, please contact us on 0800 6524157

ULTRASOUND PREPARATION (US SOFT TISSUE/ABDOMINAL WALL/TESTES/SHOULDER/NECK/GROIN/THYROID/FOOT/VEINS)

- There is no preparation required for this examination.
- Please eat and drink normally prior to and after your scan.
- You can continue to take your usual medication.
- Please wear loose clothing to enable the sonographer to easily access the part of your body that is being examined.

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What to expect during a scan?

You will be called into the scan room and your identity will be checked. You will be asked to move or remove some clothing and then to lie down or sit on an examination couch or chair. The lights will be dimmed to allow the sonographer a clear view of the screen.

Gel will be spread on the area of your body being examined and the sonographer will place a hand held probe onto your skin. By moving the probe, the sonographer will be able to see the necessary views of your anatomy to allow them to obtain the information needed. You may be asked to hold your breath at times to help them see more clearly. Selected images are saved as a record of the examination.

An ultrasound examination should not be painful, but some patients may occasionally find a little discomfort from the pressure of the probe over certain areas.

After your scan

The sonographer will review the images and write a report of their findings. These results will be forwarded to your doctor. You should contact your doctor approximately one week after your appointment for the results of the scan.

If you have any other questions, please contact us on 0800 6524157

US RENAL TRACT

PREPARATION INSTRUCTIONS:

Please **arrive with a full bladder** for this examination. Use the following instructions to achieve this:

- **One and a half hours** before your appointment time, go to the toilet and empty your bladder.
- Then drink **1½ pints (800ml)** of water, **or more** to ensure your bladder is full.
- **Finish drinking 800 ml of water 30 – 45 minutes before your exam time.**
- Please **DO NOT empty your bladder** until after your examination.
- You can continue to take any medication.
- Please wear loose clothing to enable the sonographer to easily access the part of your body that is being examined.

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Selected images are saved as a record of the examination.

An ultrasound examination should not be painful, but some patients may occasionally find a little discomfort from the pressure of the probe over certain areas.

After your scan

After the examination, you will be able to go to the toilet if you have not already done so and you will be able to eat and drink as normal.

The sonographer will review the images and write a report of their findings. These results will be forwarded to your doctor. You should contact your doctor approximately one week after your appointment for the results of your scan.

If you have any other questions, please contact us on: 0800 65241

US PELVIS (TA ONLY)

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The examination can still be undertaken during your period.

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GUIDED INJECTION - Corticosteroid injection

What is a corticosteroid injection?

A corticosteroid (or 'cortisone') is an anti-inflammatory medicine, which can be injected directly into the soft tissues or joints that are causing your symptoms. It is a safer alternative to taking anti-inflammatory medication by mouth. It acts directly in the area injected and is not the same as the steroids taken by bodybuilders or athletes.

Why should I have a corticosteroid injection?

The injection can help to relieve swelling, pain and stiffness caused by inflammation. This may in turn help you to start your rehabilitation and return to normal activities sooner by 'breaking the cycle' of pain and inflammation. It can also be helpful to aid in the diagnosis of your condition if it is not clear which structures are responsible for your pain. You may also have a local anaesthetic injected at the same time, which allows for temporary pain relief.

What are the risks?

Side effects of the injection are rare and however this includes:

- Flushing of the face for a few hours.
- Small area of fat loss or change in skin colour around the injection site.
- Post-injection pain: You may experience an increase in pain a few hours after your injection that can last a few days. You could continue you're your pain killers or discuss this with your doctor or pharmacist.
- Diabetic patients may notice a temporary increase in blood sugar levels.
- Temporary bruising or bleeding if you are taking blood thinning tablets (such as aspirin or warfarin).
- Slight vaginal bleeding / menstrual irregularities.
- Allergic reaction (Anaphylactic shock): This is extremely rare but is a medical emergency and is associated with difficulty breathing (and other symptoms). It is most likely to happen in the first 15 minutes after an injection (usually involving analgesic) but can happen up to 6 hours after the procedure. For this reason, you will need to remain in the clinic / reception for 15 minutes after the injection. If you have any difficulty breathing or any unusual symptoms you must tell us immediately. If it happens after you have left you must seek medical help immediately. Treatment involves another injection and this must be administered quickly. However, please be assured this is extremely rare.
- Infection: if the area becomes hot, swollen and painful for more than 24 hours, or if you feel generally unwell, you should contact your physiotherapist or doctor immediately. If they are unavailable, you should seek advice from your GP or Accident & Emergency (A&E) department.
- Coronavirus: A side effect of corticosteroid injections is the increased risk of infection due to immunosuppression. This may increase the risk of contracting COVID 19 and the ability to fight a COVID 19 infection.

Are there any contraindications?

You **SHOULD NOT** have the injection carried out if you:

1. Are in a high risk group of contracting coronavirus
2. Have any infection in the area or anywhere else in your body.
3. Are allergic to local anaesthetic or steroid.
4. Feel unwell or due to have surgery in the treatment area soon.
5. Are pregnant or breast feeding.
6. Have poorly controlled diabetes.
7. Do not want the injection or needle phobia
8. Pancreatitis

Are there any other alternatives?

- Lifestyle changes – rest activity modification
- Heat or cold packs, self-massage
- Pain relieving, anti-inflammatory gel application
- Use of anti-inflammatory medicines
- Physiotherapy
- Sometimes surgical opinion