

# Pelvic Ultrasound in Women

An ultrasound (sonogram) test uses sound waves to project an image. It allows the doctor to view organs and areas within the body. A small hand held device (transducer), is passed over the area to be examined. The sound waves from the transducer are reflected off the internal organs back to the transducer, which then is able to show the image on a video screen. The images are seen and captured in real-time, showing movement. In women, pelvic ultrasound is most often used to “see” the uterus and ovaries. This exam can help find the causes of pelvic pain or abnormal bleeding, such as cysts, fibroids, and some cancers.

*If you have any concerns about this exam, please talk to your doctor or the Ultrasound staff before the test.*

The total test time is about 45 minutes and is done by a female ultrasound tech. The exam has two parts, both an abdominal and vaginal ultrasound. The vaginal portion is similar to a pelvic exam done in a doctor’s office (but with less discomfort).

## **Before the Test**

For the first part of the test, your bladder needs to be full. A full bladder helps to see the organs in the pelvic area easily. On the day of the test, **one hour** before your scheduled appointment, please drink **32 ounces or 8 glasses** of water. Do not plan to use the bathroom before your appointment. You may arrive for your test appointment at your scheduled time.

If you are unable to drink all of the water before to your appointment, please arrive **1 hour prior to your appointment time**. After changing into a gown (jewelry may be left on but underwear must be removed), you will then be asked to drink the 32 ounces or 8 glasses of water.

Be sure to bring your insurance information with you. Your test is done in Ultrasound Department, Galter Pavilion 251 E. Huron, 4th floor. Discount parking is located at the Huron/St.Clair Parking Garage (222 East Huron Street). Bring your parking voucher with you to the Fourth Floor Registration Desk for validation. (If instructed, your test may be done in Prentice Pavilion, 333 E. Superior, 2nd floor, Room 214. Prentice also has a parking valet option.)

## **During the Test**

Once your bladder is full, the tech assists you onto an exam table. While lying on your back, clear gel is applied to the abdomen. The tech then slowly moves the

transducer over that area using light pressure. Once the images (pictures) are obtained, you may use the bathroom.

You again will lie on the table for the vaginal ultrasound portion of the test. A cover is placed on the traducer and gel is applied. You are then asked to insert the transducer into your vagina (much like a tampon). The tech can assist you if needed. The transducer is gently turned to help see the organs from several angles.

Before the test is complete, the radiologist (doctor) reviews the images. If needed, portions of the ultrasound exam may be repeated.

### **After the Test**

After the test, the tech provides towels to help remove the gel. You may resume your normal activities. The test results are sent to your doctor within 7 days.

*Developed By:  
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