

Ultrasound



UHN

The Joint Department of Medical Imaging
TGH, TWH, PMH, Mt. Sinai Hospital and Women's College Hospital

Name: _____

Your appointment is at:

Site: _____

Date: _____

Time: _____

If you can't keep this appointment, call:

416-_____

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University Health Network
Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

What is an ultrasound for?

An ultrasound examination lets us see the organs and soft tissues inside your body. It uses sound waves to make images of the organs and soft tissues that we can study.

How do I prepare for my ultrasound?

- **Abdominal and/or Pelvic**

If your abdominal examination is in the morning, do not eat or drink after midnight the night before.

If your abdominal examination is in the afternoon, do not eat or drink after you have eaten your breakfast. Eat your breakfast before 7 am. Have a light fat-free breakfast (such as dry toast and a glass of juice).

If you are diabetic, you can have one piece of dry toast and one glass of juice before a morning exam.

If you are having a combined abdominal and pelvic exam, you need to stop eating and drinking beforehand (see the first two points above). Try not to go to the washroom for 2 hours before your exam.

- **Thyroid**

There is no preparation for the examination.

- **Breast**

There is no preparation for this examination.

- **Scrotal**

This ultrasound shows us the testicles and other structures inside the scrotum. There is no preparation for this examination.

- **Carotid, Jugular, Vertebral**

This ultrasound shows us the major blood vessels in your neck. There is no preparation for this examination.

- **Obstetric**

If you are in the 1st trimester of your pregnancy, do not urinate for one hour before the examination. You can eat and drink as you normally would.

There is no preparation for 2nd and 3rd trimester scans.

- **Transvaginal**

This ultrasound gives us more detailed information about the inside of your pelvis and/or the fetus if required. You do not need to drink or follow any other preparation for this examination. Try not to go to the washroom for 2 hours before your exam. You will be asked to urinate just before the examination.

- **Transrectal**

You may need to clean your rectum with a rectal fleet enema just before the examination depending on your clinical procedure. You will need to buy one at a pharmacy and take it before you come for your examination.

What happens before and during the exam?

- You will usually be asked to change into a hospital gown.
- You lie on a stretcher.
- A sonographer or a radiologist (or both) will do the examination.
- We put ultrasound gel on your skin.
- A hand-held instrument called a transducer is moved across the skin.
- The scan usually takes 20 to 60 minutes, depending on the examination(s) you are having.
- For transvaginal or transrectal examinations, the ultrasound probe is covered with a disposable cover and is placed inside the vagina or rectum. For transvaginal examinations, the ultrasound probe can be inserted into the vagina by the patient, sonographer or radiologist.

What happens after your ultrasound?

A radiologist reviews the images and dictates a report. The radiologist may or may not come into the room to examine you. Within a few days, a typed report is sent to your doctor. If you are going to see your doctor the same day, we can give you a brief handwritten report to take with you.

What should you bring to your examination?

- Your requisition (unless your doctor's office has already faxed us a copy).
- Your health card.
- Your hospital card (if you have one).
- A rectal fleet enema if required (if you do not do it at home).
- Please arrive 15 minutes before your appointment so that we can process your paperwork.

Where to find the Ultrasound Department:

Princess Margaret Hospital

610 University Avenue

416-946-2889

Main Medical Imaging Reception

3rd Floor, East Wing

Toronto General Hospital

585 University Avenue
416-340-4518
Main Medical Imaging Reception
1st Floor, New Clinical Services Building

Toronto Western Hospital

399 Bathurst Street
416-603-5590
Main Medical Imaging Reception
3rd Floor, East Wing

Women's College Hospital

76 Grenville Street
416-323-6400 ext. 4829

Mount Sinai Hospital

600 University Ave.
416-586-4450
5th floor

Murray Koffler Urologic Wellness Centre

60 Murray St.
416-361-2653
6th floor

CEO (Centre of Excellence in Obstetric Ultrasound)

700 University Ave.
416-586-8556
Ontario Power Generation Building
3rd floor