



## What is an ultrasound?

Ultrasound is a type of scan that uses inaudible high frequency sound waves to create detailed pictures of the body. It is a safe, painless and radiation free examination that has been used in medicine for well over 50 years.

## How does ultrasound work?

The transducer emits sound and detects the returning echoes from the target area and this information is converted to a moving image, that will appear on the ultrasound machine monitor.

## Who does my ultrasound scan and report?

The person who operates the scanning equipment is a Sonographer. They are university- trained and accredited with the Australian Sonographer Accreditation Registry (ASAR). The person who views and interprets the ultrasound images is a doctor specialising in Radiology, known as a Radiologist. The Radiologist prepares a report for your Health Care Professional.

## What should I expect when I have my ultrasound?

You will be asked to lie on an examination bed or sit on a chair with the area of clinical interest exposed. The operator (Sonographer) will put a saline-based gel on the area of your body being scanned. This ensures the transducer (probe) makes good contact with the surface of your body. The transducer is then held against this area and moved around to give different views. This is generally not painful, although some pressure may need to be applied to the area of clinical concern to improve visualisation. Intermittently you may be required to breathe in deeply for a short period of time in order to keep your organs still. You may also hear pulsing noises coming from the ultrasound machine if you are having your blood vessels tested.

The Sonographer will watch the monitor as they move the transducer around, capturing both still and video images. The type of images provided to your doctor will depend upon what is requested, your individual circumstances and the preference of our doctor.

## Are there any risks or side effects of my ultrasound scan?

Ultrasound is safe and harmless. Generally you can go about your normal activities straight after your scan, but this may not apply if your scan has been performed in conjunction with an injection. If an injection is required as part of a special procedure you will be advised on the possible complications and post procedural care. In some cases you may be advised not to drive or do any heavy lifting/work for several hours after your injection.

## How do I prepare for my ultrasound scan?

Preparation for your ultrasound examination can vary, such as fasting or filling your bladder. This is dependent upon the part of your body being scanned.

When you phone to arrange your appointment one of our friendly reception staff will advise you of the preparation and requirements. This preparation is extremely important, as it will significantly improve the images that the Sonographer can capture which are used by our Radiologist for diagnosis.

## Things to bring along to my appointment:

- Previous films for area of clinical interest.
- Medicare or Department of Veteran Affairs card (as we bulk bill all eligible Medicare services).
- Referral (this is a legal requirement).
- Workcover details and claim number (if this is a Workcover claim).

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