

## Patient information factsheet

# Having an ultrasound scan

We have given you this factsheet because you have an appointment for an ultrasound scan. It explains what an ultrasound scan is, how to prepare for it and what will happen during the scan. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

### What is an ultrasound scan?

An ultrasound scan is a test that uses high frequency soundwaves (that you can't hear) to create an image of the inside of your body. Ultrasound scans are very safe and do not use x-rays.

The scan will take approximately 10 to 20 minutes. If you are having a vascular ultrasound scan (of your blood vessels), the scan may take slightly longer. We will do our best to make sure that you are seen on time, but emergencies may have to take priority on some occasions.

### Preparation for the scan

When you come in for your appointment, wear loose-fitting clothing over the area being scanned.

Please note that children are not allowed in the scan rooms. If a child needs to come with you to your ultrasound, please organise for a responsible adult to supervise them in the waiting area.

Please read your appointment letter for more information about how to prepare for your scan.

### During the scan

The procedure may be performed by a radiologist, a sonographer or a vascular scientist. Because we are a teaching hospital, there may also be some supervised trainees at your appointment. We have both male and female staff working in the department. If you would like a chaperone for your examination, please let us know when you arrive for your appointment.

We will perform the scan in our ultrasound room. The room may be dimly lit so that we can see the images produced on the screen more clearly. We may ask you to lie or sit down on a bed. We will then put ultrasound gel on your skin over the area to be scanned. This will help us to produce a better quality image. We will move an ultrasound transducer (a small probe) slowly over your skin. Occasionally, we may need to press quite firmly in the area where you may be having pain. Please let us know if you feel uncomfortable at any point during the scan.

### After the scan

You will be able to return to your usual daily activities, unless we have told you otherwise (in your appointment letter or at the time of your scan).

# Patient information factsheet

## Results

We will review your images after the scan. We will then send a report of the findings to the doctor who referred you for an ultrasound. Most reports will be ready 24 hours after your scan. However, for less urgent scans, the report will be with your referring doctor within seven days.

## Contact us

If you have any questions or concerns before your appointment, please contact us.

Radiology department

Telephone: **023 8120 6079** (Monday to Friday, 8am to 4pm)

## Useful links

[www.nhs.uk/conditions/ultrasound-scan](http://www.nhs.uk/conditions/ultrasound-scan)

[www.uhs.nhs.uk/OurServices/Radiology-scansandimaging/Radiology.aspx](http://www.uhs.nhs.uk/OurServices/Radiology-scansandimaging/Radiology.aspx)

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

Join our family of charity supporters with a monthly donation! It's a wonderful way to show your ongoing support of our patients and staff.

Scan the QR code or visit [southamptonhospitalscharity.org/donate](http://southamptonhospitalscharity.org/donate)



**Southampton  
Hospitals  
Charity**

Charity Registration Numbers 1051543

