

General things for you to consider in any diagnostic imaging suite. Here's what you can do to make your experience a better one:

- Avoid wearing lots of cosmetics; perfumes, hair sprays, body piercings, and jewelry.
- Keep your valuables at home.
- If you are anxious, bring a friend or family member. They may not be able to be with you during your exam, but knowing that they are in the lobby area will help you relax.
- If your doctor has prescribed you oral sedation, you need to have a person that can drive you to and from our center.
- If you have questions, please ask. We want your experience to be beneficial and comfortable. Our technologists and staff are more than willing to help you.
- If you are able to eat before your exam, avoid foods and beverages that may make you anxious such as caffeinated beverages, high sugar foods, alcohol, and high-energy bars.

Ultrasounds

Key things to remember if you are having an ultrasound examination:

- Abdominal exams: No food or drink 8 hours before your appointment.
- Bladder and pelvic exams: drink 32 ounces of water 1 hour before your appointment time and hold your bladder.
- Take your medications as usual with small sips of water.
- Arrive 30 minutes before your scheduled appointment.

Ultrasound is a critical and important diagnostic imaging tool used to diagnosis various illnesses and conditions by using ultrasound waves. It is used to image many major organs and soft tissues of the torso and pelvis, the flow of blood throughout the body, and babies as they are developing in their mother womb. Ultrasound exams take about 10 minutes. If you are having multiple ultrasounds it may take about up to 30 minutes to complete the exams.

During the exam the technologist will use a device called a transducer to take the pictures. These devices come in various shapes and designs to maximize the frequency of the ultrasound waves. A specialized ultrasound gel is applied to the end of the transducer which optimizes the ultrasound signal. The technologist moves the

transducer on the body part being scanned to obtain the best angle to demonstrate the organ or anatomical structures.