

Patient information

Information about your SDEC Ultrasound scan

It is not advisable to bring children when attending this appointment as there are no childminding facilities available.

Children accompanying patients for imaging appointments must be able to remain unattended, as legally staff cannot look after them.

What is an ultrasound?

Ultrasound examinations (scans) use high-pitched sound waves produced by specialist equipment. The actual examination is quite painless and harmless.

To perform the ultrasound scan we will put ultrasound gel (like cold jelly) over the area to be scanned and move a small plastic probe over the area of interest.

The scan may identify the cause of your symptoms or help rule out conditions that could cause your symptoms.

Ultrasound scans are performed by sonographers and radiologists. Both male and female staff perform these scans and act as chaperones. Please let us know before your appointment if you have a specific preference for male or female staff members. Your appointment may have to be rescheduled to facilitate this.

You should feel no after-effects from the examination and will be able to return to work or home straight away.

Your Ultrasound appointment

Date:

Time:

Please arrive no sooner than 10 minutes before your appointment

Venue: X-ray (Radiology) Department, ground floor
 AAU (Acute Assessment Unit), ground floor

Your review appointment

Your ultrasound results will need to be reviewed by a consultant on the **same day** as your Ultrasound.

After your ultrasound, please come to:

Venue: Surgical Assessment Unit, F5, (second floor)
 Surgical SDEC, F5 (second floor)
 Medical SDEC (Acute Assessment Unit)

As soon as your ultrasound scan is completed.

How do I prepare for the procedure?

- Please do not eat for 6 hours before your appointment
If you are diabetic, please call 01284 713378 for additional advice
- Please drink 1-2 pints (500ml – 1000ml) of water 1 hour before your appointment
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- Please ensure you arrive for your appointment with a full bladder
- DO NOT empty your bladder 1 hour before your appointment

During your ultrasound scan

The light will be dimmed in the room so the sonographers can see the screen clearly. You will be asked to lie down on the couch and lower your clothes to expose your abdomen.

You will be given a paper towel to be tucked into the top part of your underwear (to protect your clothes from the gel).

Gel is applied to your skin: this may feel cool. The sonographer or radiologist will move the probe across your skin. You may feel slight pressure or discomfort for a short period. The scan takes approximately 20 minutes. During this time the sonographer will take images and measurements.

At the end of the scan, you will be given paper towel to wipe off the gel.

After your ultrasound scan

At the end of the scan, you will be given paper towels to wipe off the gel.

Ultrasound scans do not use radiation and are considered to be a safe procedure which can help with diagnosis.

There is a very low risk of infection from the use of ultrasound gel. This can be reduced by wiping the gel off thoroughly at the end of the scan and washing it off as soon as practical

When will I get my results?

You will receive the results from the clinician on SDEC.

Further Information:

Please leave all jewellery at home, wedding rings do not need to be removed. The hospital is not responsible for any lost or stolen valuables

- This NHS Trust is a teaching Trust and as part of their training it is necessary for students to observe examinations or complete the examination under the direct supervision of a sonographer or radiologist. If you do not wish for an observer to be present, please tell the receptionist on arrival.
- If you require the use of a hoist to transfer onto the examination couch you must contact the department in advance, failure to do so may result in your appointment being cancelled when you attend.

Directions to the X-ray (Radiology) Department

The X-Ray Department is located in the centre of the ground floor of the hospital.

From the main entrance, pass the restaurant and the hospital shops.

When you reach the main hospital corridor, the X-ray Department is almost in front of you.

Directions to the SAU/ SDEC (F5 ward)

This unit is on the second floor of the hospital.

When you leave the X-ray (Radiology) Department go up to the first floor using the lifts or the stairwell immediately behind the lifts.

As you exit the lift turn right onto the main corridor, ward F5 is a little way down the corridor on your right.

Directions to the Acute Assessment Unit (AAU)

This unit is on the ground floor of the hospital.

From the main entrance, pass the restaurant and the hospital shops.

When you reach the main hospital corridor, turn left and follow the corridor as it goes round to the right.

AAU is on the left, just beyond the chapel.

Feedback:

Please tell us about your experience following your appointment.

You can email PALS@wsh.nhs.uk or you can complete our survey using the weblink

<https://bit.ly/3U3803t> or the QR code below:



Data Protection information

West Suffolk NHS Foundation Trust will manage your information in line with the General Data Protection Regulation 2016/679. The information you provide will be retained for the purposes of your healthcare. The information will be retained in line with the *NHS Records Management Code of Practice for Health & Social care*.

You have rights in relation to the way we process your information. If you no longer want us to use your information for the purposes specified above; if you want to request to have your information erased or rectified, please contact the Information Governance team on 01284 712781.

We will review all requests in relation to your rights under GDPR, along with our responsibilities for record keeping.

Images may be used for research purposes as well as teaching. Patients must inform a member of staff if they do not consent to this.

As part of a shared service agreement with other NHS organisations, your radiology images and records may be shared with these other organisations as part of determining and providing your care. If you would like to know more about the extent of this sharing, or you wish us not to share at all with another organisation, or have any other concerns about it, please contact a member of staff.

If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk>



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