

■ “Prevention is the medicine of the millennium”

■ — Dr Ronald Klatz — President of the American Academy of Anti-Aging Medicine Inc.



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PATIENT INFORMATION

ABDOMINAL/PELVIC ULTRASOUND

WHAT IS AN ABDOMINAL/PELVIC ULTRASOUND

An Ultrasound is a diagnostic study that uses sound waves to image the structures in the abdomen and/or pelvis. Among structures able to be seen with sound waves are the larger organs and abdominal blood vessels.

These structures are seen through the use of an ultrasound wand which passes harmless sound waves into the body and receives them back. The images are seen on the ultrasound machine and recorded for detailed evaluation. The test takes about 45 minutes.

ARE THERE ANY PREPARATIONS FOR THE EXAMINATION?

YES.

For the best results on an abdominal ultrasound you need to be fasting for at least 6 (six) hours before the examination.

If a Pelvic ultrasound needs to be done, the urine bladder needs to be full. At least 3 (three) large glasses of water should be taken an hour before the examination.

The procedure takes about 45 minutes.

WHAT TO EXPECT ON THE DAY OF THE EXAMINATION

The Sonographer will meet you in the waiting room and escort you to the examination room.

You will be asked to lie down on the examination bed, on your back. IF YOU ARE UNABLE TO LIE IN THIS POSITION, PLEASE INFORM THE SONOGRAPHER. This can alter the test results. Ultrasound gel will be put on the probe to allow for imaging.

Different areas/sights on your abdomen and/or pelvis will be used for different views.

The examination will then be interpreted and discussed with you at your follow up appointment with the doctor.

CAROTID ULTRASOUND

WHAT IS A CAROTID ULTRASOUND?

A Carotid Ultrasound is a diagnostic study that uses sound waves to image the carotid arteries.

Among structures able to be seen with sound waves are the arteries coming out of the heart and supply oxygenated blood to the head.

The arteries are seen through the use of an ultrasound wand which passes harmless sound waves into the body and receives them back. The images are seen on the ultrasound machine and recorded for detailed evaluation. The test takes about 45 minutes.

ARE THERE ANY PREPARATIONS FOR THE EXAMINATION?

The simple answer is NO.

You may eat and drink prior to the test. You may take your usual medication before the test.

PLEASE do NOT wear turtlenecks or high collar shirts.

WHAT TO EXPECT ON THE DAY OF THE EXAMINATION

The Sonographer will meet you in the waiting room and escort you to the examination room.

You will be asked to lie down on the examination bed, on your back with a pillow under your shoulders. IF YOU ARE UNABLE TO LIE IN THIS POSITION, PLEASE INFORM THE SONOGRAPHER. This can alter the test results.

Ultrasound gel will be put on the probe to allow for imaging. You will be asked to turn your head to the left or the right so the sonographer can take “pictures” of the arteries on both sides of your neck.

The examination will then be interpreted and discussed with you at your follow up appointment with the doctor.

CARDIAC ULTRASOUND

WHAT IS A CARDIAC ULTRASOUND?

A Cardiac Ultrasound is a diagnostic study that uses sound waves to image the heart

The heart is seen through the use of an ultrasound wand which passes harmless sound waves into the body and receives them back. The images are seen on the ultrasound machine and recorded for detailed evaluation. The test takes about 45 minutes.

ARE THERE ANY PREPARATIONS FOR THE EXAMINATION?

The simple answer is NO.

You may eat and drink prior to the test. You may take your usual medication before the test. It will help if you wear a shirt that is easy to remove.

For the ladies, no bra may be worn.

WHAT TO EXPECT ON THE DAY OF THE EXAMINATION

The Sonographer will meet you in the waiting room and escort you to the examination room.

You will be asked to lie down on the examination bed, on your left side, left arm under your head and right arm on your side.

IF YOU ARE UNABLE TO LIE IN THIS POSITION, PLEASE INFORM THE SONOGRAPHER. This can alter the test results.

Ultrasound gel will be put on the probe to allow for imaging. The Sonographer will sit or stand behind you and different areas/sights on the chest will be used for the different views. The examination will then be interpreted and discussed with you at your follow up appointment with the doctor