

## Transvaginal Ultrasound Scan

This Ultrasound scan has been requested by your doctor to access your pelvic anatomy (i.e. your womb and ovaries). The scan will be carried out by a sonographer, and a chaperone will be present.

## What Happens During The Scan

When you attend your appointment, you will be asked to lie down on the ultrasound couch. Cold gel will be applied to your lower abdomen and a small probe will be moved over the area to produce images of the pelvic organs.

You will be sent to the bathroom to empty your bladder completely, before having the transvaginal (internal) scan. When you return to the ultrasound room, you will be given a gown and asked to remove the bottom half of your clothing, including your underwear, in private. A wedged cushion will be placed under your hips to help position you correctly for the scan.

The Sonographer will then cover the ultrasound probe with a protective cover, apply lubricating gel, and insert it into your vagina. The probe is moved slowly from side to side, to examine the pelvic organs. Internal examinations may cause some discomfort, but don't usually cause any pain and shouldn't take very long. Transvaginal scans can be performed during your menstrual period, though it is within your discretion should you wish to rearrange.

## Transvaginal Ultrasound Scan - Risks

There are no side-effects or risk associated with these scans, however if you are allergic to latex, let the sonographer know prior to the examination.

## Guided Injection - Risks & Complications

- There is a small risk of infection following any injection. **If you experience redness or swelling around the injection site**, or a high temperature, you should see your GP or attend A&E and explain you recently had an injection.
- Female patients may notice their menstrual cycle is slightly irregular for a few months after a steroid injection.
- Patients with diabetes should closely monitor their blood sugar levels for 5 days after the injection.
- Facial flushing occurs in 5% of patients and lasts approximately 48 hours.
- For repeated superficial injections there is a small risk of skin depigmentation (lightening of the skin) at the injection site

## Consent

The procedure will be explained to you and you will have the opportunity to ask any questions you may have. Risks, side effects and after care will be discussed and you will be asked to give your written consent to the procedure.



# Ultrasound Scan

## What To Expect



Give us feedback

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## What Is An Ultrasound Scan

An ultrasound scan takes images of the scanned area using high-frequency sound waves. A radiologist or sonographer will move a small hand-held sensor over the requested area to view the organ from different angles; the images are displayed on a monitor screen and saved for reporting.

## What Happens During The Scan?

A small device called an ultrasound probe is used, which gives off high-frequency sound waves. You can't hear these sound waves, but when they bounce off different parts of the body, they create "echoes" that are picked up by the probe and turned into a moving image. A water-based gel will be applied to your skin over the area to be scanned.

This allows the sensor to slide easily over the skin and helps to produce clearer pictures. The Radiologist will look at the images on the screen and when writing a report, which will be sent to your referring clinician. Your GP may also access this report.

**The procedure should take less than 30 minutes and is painless.**

## Risks

There are no known risks from the sound waves used in an ultrasound scan, as they do not expose you to ionising radiation – you are free to go home after the scan is finished.

## Preparation

If your scan appears in the following table, you will be required to follow the following preparation to help improve the quality of the images produced.

Fasting Required	Full Bladder Required
Abdomen	Kidneys
Gallbladder	Urinary Tract
Aorta	Pelvis
Liver	Bladder
	Gynae
	Renal Tract

**Fasting:** you are unable to eat food for 6 hours prior to the scan. Water is permitted, though warm drinks (tea/coffee) are to be consumed without sugar or milk. If you take regular medication, continue to do so with water.

Please notify us if you are diabetic, we will do our best to accommodate you with an appointment early in the day.

**Full bladder required:** Begin drinking water an hour prior to your appointment and keep a full bladder prior to your appointment.

## Ultrasound Guided Injections

Before your injection, **please let us know if you have:**

- **Received any vaccines** (including flu and COVID-19) in the two weeks prior to your procedure.
- Been on a course of antibiotics within the four weeks prior to your appointment.
- Diabetes, as the injection may alter your blood-sugar levels.

## Ultrasound Guided Injections

Steroid injections are used to reduce pain and inflammation. The steroid injection is often accompanied by an injection of local anaesthetic.

The injection may be into a painful joint, bursa (fluid filled pockets), around tendons or into the tendon sheath. Ultrasound is used to guide the injection accurately into the area of concern, to ensure an optimum result is obtained. This will be performed by a Consultant Radiologist.

## What Happens During The Guided Injection?

The Consultant Radiologist will firstly identify the area for injection using ultrasound. You will be either lying on the examination couch or sat in a chair. Your skin will then be cleaned with a sterile solution.

Local anaesthetic is usually injected first; however, on some occasions the local anaesthetic may be combined with the steroid solution. The local anaesthetic provides short term pain relief. There may be more than one injection depending on the area being treated. The whole procedure usually lasts around 20 minutes.

## Aftercare

Once the local anaesthetic wears off there may be a short period of increased discomfort until the steroid fully takes effect. **Due to this procedure, your car insurance company will not insure you for the rest of the day,** therefore you may need to arrange for someone to drive you home.

**Post injection it is recommended that you:**

- Rest for the remainder of the day as this will allow the steroid to act fully on the intended area.
- Build up slowly to normal activities over the next few days and maintain any physiotherapy.
- Keeping a pain diary over the next two weeks will help your clinician determine the success of the steroid injection when you next see them in clinic.