

Ultrasound

An ultrasound is a test using sound waves to look at parts of your body. You will not hear the sounds, but pictures will show up on the screen. An ultrasound is not an x-ray and does not cause pain.

Arrive on time for your test. This test takes 20-40 minutes.

During the Test

- You will wear a hospital gown and lie on a table.
- Warm gel is put on your skin. A wand is moved across the gel to take the pictures.
- You may need to hold your breath for some of the pictures.
- The staff checks the pictures before you go home. More pictures may be taken if needed.

If a box is checked for a certain part of your body, follow the extra instructions:

- Abdominal: Do not eat or drink for 6-8 hours before the test.
- Thyroid: Remove any jewelry around your neck. A rolled up towel is placed behind your neck during the test.
- Breast: If you or your doctor felt a lump in your breast, you will be asked to point to it. The test can show if the lump is solid or filled with fluid, called a cyst.
- Scrotum or Testicle: You may need to stand up for some of the pictures. You may be asked to push as if you are having a bowel movement.
- Pelvis: You must drink 32 ounces or 1 liter of water for this test so your bladder will be full. Finish drinking the water 1 hour before your test. During the test, pictures will be taken. You will be asked to go to the bathroom to empty your bladder. More pictures are taken.
 - A second part of the test may be done with your feet up in stirrups. A probe will be put into your vagina to take more pictures. The probe will then be removed.

超声波

超声波是用音波检查您身体各部分的测试。您不会听到声音，但荧屏上会出现照片。超声波不是 x 光，不会引起疼痛。

请准时到达做测试。 此测试需要 20-40 分钟。

测试期间

- 您将穿医院的袍子，躺在一张台子上。
- 将给您的皮肤涂上暖胶。一支棒将移过暖胶拍照片。
- 拍有一些照片时您可能要屏住呼吸。
- 医疗人员在您回家之前检查照片。如需要可能将拍更多照片。

如有勾选框格要检查您身体的某一部分，请遵照以下说明：

- 腹部：** 测试之前 6-8 个小时不要吃喝东西。
- 甲状腺：** 除去颈部周围的任何珠宝。测试期间会在您的后颈部放一卷起的毛巾。
- 乳房：** 如果您或您的医生触到您有乳房肿块，您将被要求指出肿块。测试能显示肿块是硬体或是充满液体的囊肿。
- 阴囊或睾丸：** 您可能需要站起来拍一些照片。您可能被要求用劲，如同您大便一样。
- 骨盆：** 您必须为此测试喝 32 盎司或 1 公升水，这样您的膀胱会全部充满。在测试之前 1 个小时喝完水。测试时将拍照片。您将被要求去洗手间排空您的膀胱。再拍更多照片。
 - 作测试第二部分会要您将双脚放在脚蹬上。将在您的阴道内放一根探头拍更多照片。然后将除去探头。

Ultrasound. Simplified Chinese.

After the Test

- Return to your normal activities.
- Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any question or concerns.

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测试之后

- 请恢复您的正常活动。
- 测试结果会送给您的医生。您的医生会告知您结果。

如有任何疑问或关注事宜，请告知您的医生或护士。

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