

# 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 to 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 6 to 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.

# 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，也不会引起疼痛。

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至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条卷起的毛巾。
- 乳房：** 如果您或您的医生触到您的乳房肿块，您将被要求指出肿块。测试能显示肿块是固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。

- ❑ **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

### **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.**

- ❑ **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。
- ❑ 测试的第二部分会要您将双脚放在脚踏上。将在您的阴道内放一根探头拍更多照片。然后将除去探头。

## 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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