

# 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 for 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.

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Altrasownd (Ultrasound) waa baaritaan isticmaala mowjado jabaqeed si loo eego qaybo ka mid ah jidhkaaga. Ma maqli doontid dhawaqyada, laakiin sawirrada ayaa shaashadda ka soo baxaya. Ultrasound maahan raajo xanuunna ma keento.

**Baaritaanka waqtiga ku imow.** Kan wuxuu qaadanayaa 20-40 daqiiqadood.

## Waqtiga Baaritaanka

- Waxaad xiran doontaa goonnada cisbitaalka miis ayaadna ku seexan doontaa.
- Jel diirran ayaa maqaarka lagaa marinayaa. Shay sida qaaddada oo kale ah ayaa jelka lagu kala fidin doonaa si sawirka loo qaado.
- Waxaa laga yaabaa inaad u baahatid inaad neefta ceshatid si qaar sawirrada ka mid ah loo qaado.
- Shaqaaluhu waxay hubinayaan sawirrada ka hor inta aadan guriga aadin. Sawirro dheeraad ah ayaa laga yaabaa in lagaa qaado haddii loo baahdo.

**Haddii sanduuq xarriiq la mariyo** iyadoo loogu talagalay qaybo dhawr ah oo ka mid ah jidhkaaga, raac sharraxaadaha dheeraadka ah:

- Ubuc:** Ha cunin ama ha cabbin ilaa 6 illaa 8 saacadood baaritaanka ka hor.
- Hunguriga:** Meesha ka saar wixii wax la isku qurxiyo ah oo qoorta kuugu jirta. Shukumaan ama tuwaal la laalaabay ayaa qoortaada gadaasheeda la dhigi doonaa waqtiga baaritaanka.
- Naas:** Haddii aad adiga ama dhakhtarkaagu aad dareenteen soo kuusasho naaska ah, waxaa lagu weydiin doonaa inaad tilmaantid. Baaritaanku wuxuu muujin karaa haddii soo kuusashadu ay adag tahay ama uu dheecaan ka buuxo, waxaa loo yaqaannaa xayndaab (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.

### **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.**

- ❑ **Galka xaniinyaha ama Xaniinyo:** Waxaa laga yaabaa inaad u baahatid inaad u istaagto qaar ka mid ah sawirrada. Waxaa laga yaabaa in lagu weydiiyo inaad riixdo sidii adigoo saxaro iska soo riixayo.
- ❑ **Sinaha:** Waa inaad cabtaa 1 litir ama 32 wiqiyadood (ounces)oo biyo ah oo loogu talagalay baaritaankaan si markaas kaadi haystaadu ay buuxsanto. Dhammee cabidda biyaha 1 saac baaritaanka ka hor. Waqtiga baaritaanka, sawirro ayaa lagaa qaadi doonaa. Waxaa lagu weydiin doonaa inaad musqasha aaddo si aad kaadida isaga soo banneyso. Sawirro dheeraad ah ayaa lagaa qaadi doonaa.
  - Qaybta labaad ee baaritaanka waxaa laga yaabaa in lagu sameeyo cagahaaga oo meesha la saarto ee miiska saaran. Qalab ayaa hoosta ama xubinta taranka ee dumarka lagaa gelin doonaa si sawirro badan looga qaado. Ka dibna qalabka waa lagaa soo saari doonaa.

## **Baaritaanka ka Dib**

- Waxaad ku noqon doontaa hawlahaagii caadiga ahaa.
- Natiijooyinka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaagu adiga ayuu natiijooyinka kula wadaagi doonaa.

**U sheeg dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.**