

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 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.

Ecografía

La ecografía es un examen que utiliza ondas sonoras para observar partes del cuerpo. Usted no escuchará los sonidos, pero se verán las imágenes en la pantalla. La ecografía no es una radiografía y no provoca dolor.

Llegue puntualmente a su examen. Este examen demora 20 a 40 minutos.

Durante el examen

- Usará una bata de hospital y estará recostado sobre una mesa.
- Se le colocará un gel tibio sobre la piel. Se pasará una varilla por el gel para captar las imágenes.
- Es posible que tenga que contener la respiración para que se tomen algunas imágenes.
- El personal revisará las imágenes antes de que se vaya a casa. Si es necesario, se tomarán más imágenes.

Si está marcada una casilla correspondiente a alguna parte del cuerpo, siga las instrucciones adicionales:

- Abdomen:** No beba ni coma nada durante 6 a 8 horas antes del examen.
- Tiroides:** Quítese todas las joyas alrededor del cuello. Se le colocará una toalla enrollada detrás del cuello durante el examen.
- Senos:** Si usted o su médico palpan una masa en sus senos, se le pedirá que indique dónde está. El examen puede mostrar si la masa es sólida o si está llena de líquido, lo que se llama quiste.
- Escroto o testículo:** Es posible que tenga que ponerse de pie para algunas imágenes. Puede que se le pida que puje como si estuviera teniendo evacuaciones intestinales.

- ❑ **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.

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- ❑ **Pelvis:** Debe tomar 32 onzas o 1 litro de agua para este examen, de manera que la vejiga esté llena. Termine de beber el agua 1 hora antes del examen. Durante el examen se tomarán las imágenes. Se le pedirá que vaya al baño para que orine. Se tomarán más imágenes.
 - Es posible que la segunda parte del examen se haga con los pies puestos en estribos. Se le colocará una sonda en la vagina para tomar más imágenes, la que luego se retirará.

Después del examen

- Reanude sus actividades normales.
- Los resultados del examen se le envían a su médico. Su médico le comunicará los resultados.

Hable con su médico o su enfermera si tiene alguna pregunta o duda.

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Ultrasound. Spanish