

Jeri Shuster, M.D., P.A.
and Women's Center, Inc.

Jeri Shuster, M.D., Fellow of the American College Obstetricians and Gynecologists
Kathryn Cervi, C.R.N.P., Women's Health Care Nurse Practitioner

PELVIC ULTRASOUND (SONOGRAM)

What to Expect and How to Prepare for this Imaging Procedure

Pelvic ultrasound imaging is a noninvasive medical test that helps us diagnose and treat medical conditions such as: pelvic pain, abnormal menstrual bleeding, ovarian cysts, and uterine fibroids. The ultrasound involved exposing part of the body to high frequency sound waves to produce pictures of the inside of the body.

To prepare for the ultrasound, your bladder should be full. This means that you will need to come in for the procedure with a full bladder. Drink about 20 ounces of water and finish it one hour before the ultrasound appointment. Do not urinate prior to this test as you must maintain a full bladder for the first part of your exam. We don't want you waiting in our office for a long time with a full bladder, so please come to your appointment 5 minutes before the scheduled time as we do try very hard to keep these appointments on time for you and for the next patient with a full bladder.

If you are premenopausal, it is ideal to do this study 1-2 days after your period ends. At this time of the month the uterine lining is thin and the ovaries less active or cystic.

At the time of your appointment, you will be positioned lying on your back on the exam table. Our ultrasound technician will put some clear gel on your abdomen and then will press the transducer firmly against the skin in various locations sweeping over the pelvic area. This concludes the abdominal portion of the procedure. Next you will be sent to the bathroom to empty your bladder (relief)! We then proceed to the transvaginal part of the procedure. This involves insertion of the transducer into the vagina. A protective covering is placed on the end of the transducer and lubricated with a small amount of gel before being placed inside the vagina. This will give the best images of the uterine lining and ovaries. At no time should the procedure be painful. The entire study lasts about 15 minutes.

Routinely, you will be asked to follow up with your doctor about a week after the procedure so that she can review the results with you.

