

# Abdomen Ultrasound

## Appointment Information

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Address: \_\_\_\_\_

Notes: \_\_\_\_\_

## About

Abdominal ultrasound imaging is a noninvasive medical test that helps radiologists produce pictures of the organs and other structures in the upper abdomen.

Abdominal ultrasound imaging is performed to evaluate the following areas of the abdomen:

- Kidneys
- Liver
- Gallbladder
- Pancreas
- Spleen
- Abdominal aorta and other blood vessels of the abdomen

Abdominal ultrasound is used to help diagnose a variety of conditions, such as:

- Abdominal pain or distention.
- Abnormal liver function.
- Enlarged abdominal organ.
- Stones in the gallbladder or kidney.
- An aneurysm in the aorta.
- For your abdominal ultrasound exam, you will be positioned lying face-up on an examination table that can be tilted or moved.

A clear water-based gel is applied to the area of the body being studied to help the transducer make secure contact with the body and eliminate air pockets between the transducer and the skin that can block the sound waves from passing into your body. The sonographer (ultrasound technologist) then presses the transducer firmly against the skin in various locations, sweeping over the area of interest or angling the sound beam from a farther location to see an area of concern better.

When the examination is complete, you may be asked to dress and wait while the ultrasound images are reviewed. This abdominal ultrasound examination is usually completed within 30 minutes.

## Preparations

You should wear comfortable, loose-fitting clothing for your abdominal ultrasound exam. You may need to remove all clothing and jewelry in the area to be examined, and you may be asked to wear a gown during the procedure.

Preparations depend on the type of ultrasound you are having.

- For a study of the liver, gallbladder, spleen, and pancreas, you may be asked to eat a fat-free meal on the evening before the test and then to avoid eating for eight to 12 hours before the test.
- For ultrasound of the kidneys, you may be asked to drink four to six glasses of liquid about an hour before the test to fill your bladder.
- For ultrasound of the aorta, you may need to avoid eating for eight to 12 hours before the test.