

# Ultrasound

---

The purpose of an ultrasound-examination is to check for abnormalities in a body part of interest using sound waves.

Your doctor has referred you to Mitrallis Diagnostic Center for an ultrasound. You can read in this leaflet what the examination involves.

## What is an ultrasound

Ultrasound is an imaging examination that uses sound waves. This sound is not audible to humans. The sound is introduced into the body using an ultrasound machine. This device is held against the skin. Prior to the examination, the doctor applies a gel to your skin. This is necessary for proper conduction of the sound waves. The sound waves travel through the body and are reflected back by the organs. Different types of tissues, reflect the sound waves back differently. This allows an image to be formed. The reflected sound waves are collected and an image is created on a screen. This makes organs in the body visible.

## Preparation

Some ultrasound examinations require preparation in order to get good results. You will read this in the appointment confirmation or you will be told by the appointment office, which preparations are necessary for your examination. Please note that the examination will not take place if you do not follow the preparations properly. A new appointment will then be made.

## Preparation Echo Kidneys/ Lower Abdomen:

You are asked to observe the following guidelines on the day of the examination. It is important that you have a full bladder before this examination:

- 1 hour and 15 minutes before the examination, within 15 minutes, drink 4 glasses of water or non-carbonated fluid (800-1000ml)
- 1 hour before the examination begins, you have drunk the water and do not go to the toilet anymore.

## Preparation Echo Lower and upper Abdomen:

With some examinations, it is necessary to take precautions to prevent that for example disturbing gases in the intestine affect imaging. Therefore, on the day before the examination, you must not consume alcohol and/or carbonated beverages and eat no beans, cabbage or onions.

Sober from 24:00h: no eating, drinking and smoking. Medication may be taken with a small sip of water

If the examination takes place after 13:00h, you may have a light breakfast before 8:00h, consisting of a cup of tea without milk and/or sugar and a dry cracker. After that, do not eat, drink or smoke anything.

## The examination

Depending on the body part to be examined, you may need to undress. It is possible that some gel may get on your clothing. Also for this reason, it is necessary to undress. This way your own clothes will remain clean.

You will lie down on an examination table. An ultrasound technician or radiologist will perform the ultrasound. A gel is applied to the skin where the organ to be examined is located. This gel serves as a conductant for the sound and feels slightly cold. The transducer is moved over the skin and at the same time the image is studied on the screen. The examination is not painful and takes about 15 minutes.

**If you have diabetes, please mention this when the examination is scheduled!**

## Results

Within 24 hours after the examination, the radiologist reviews the images and makes a report of them. This report is forwarded to the applicant (often your general practitioner) with whom you will make an appointment to discuss the results.

## In conclusion

If you have any questions after reading this information, please ask your treating physician or the X-ray lab technician(s).

By phone, you can contact  
Mitrallis Diagnostisch Centrum,  
tel. no. 045 8 200 100.



## Questions?

If you have any questions after reading this information, please ask your treating physician or the X-ray technician(s).

---

By phone, please contact:  
Mitrallis Diagnostisch Centrum, tel. no. 045 8 200 100.

