

## ULTRASOUND

Ultrasound uses high frequency sound waves to acquire diagnostic images of specific areas of the body to evaluate anatomy and assess function.

CAMIS sites in Red Deer, Sylvan Lake, Olds, and Stettler all provide a general ultrasound service for abdominal, carotid, DVT studies, obstetrical, pelvic, and renal ultrasound exams.

### Covered by Alberta Health Care

Exams related to infertility and IVF are private pay

### Referrals are necessary for all bookings

**Exam Duration:** 30 - 60mins

Specialized exams such as MSK ultrasound and ultrasound guided interventional procedures are done only in our Red Deer or Sylvan Lake locations.

## PATIENT PREPARATION

### All Ultrasounds

- ✔ Dress comfortably, with loose, easy to remove, clothing.
- ✔ You may be asked to change into a gown.
- ✘ Jewelry will have to be removed from the region of interest.
- ✔ Preparation for each exam is found below. Specific preparation for pediatric patients will be given at the time of booking.

### Abdominal Ultrasound

- ✔ You are required to fast for this exam.
- ✘ **DO NOT** eat, drink, chew gum, or smoke 6 hours prior to your exam.
- ✔ Medications can be taken with a small sip of water.

The exam takes **30 minutes**.

### Bladder and Renal Ultrasound

- ✔ You may eat and take medications as usual prior to your exam.
- ✔ You are required to have a full bladder for this exam. Have 1000 ml (4 cups) of water completed **1 hour prior** to your appointment time and **DO NOT** empty your bladder. Once the initial images of your full bladder are taken, you'll be able to empty.
- ✔ Further imaging of your empty bladder and kidneys (renals) will be taken.

The exam takes **30 minutes**.

### Pelvic Ultrasound with or without Endovaginal

- ✔ You may eat and take medications as usual prior to your exam.
- ✔ You are required to have a full bladder for this exam. Have 1000 ml (4 cups) of water completed **1 hour prior** to your appointment time and **DO NOT** empty your bladder.
- ✔ Once the initial images with your full bladder are taken, further imaging may be required using the endovaginal approach. You'll be required to empty your bladder prior to the endovaginal pelvic imaging.

The exam takes **30 minutes**.

### Abdominal/Bladder or Abdominal/ Pelvic Ultrasound

- ✔ You are required to fast and to have a full bladder for these combination exams. Have 1000 ml (4 cups) of water completed **1 hour prior** to your appointment time and **DO NOT** empty your bladder. Drink water only and **DO NOT** eat, chew gum, or smoke **6 hours prior** to your exam.
- ✔ Once the bladder or pelvic imaging is completed, you'll be able to empty your bladder prior to the abdominal imaging.

These exams takes **30- 60 minutes** combined.

**Continued...**

### **Pregnancy Ultrasound, Biophysical Profile (BPP), or Combined First Trimester Screen (FTS or Nuchal)**

- ✓ You are required to have a full bladder for these exam. Have 1000 ml (4 cups) of water completed **1 hour prior** to your appointment time and **DO NOT** empty your bladder.
- ✓ You may eat and take medications as usual prior to your exam.
- ✓ If endovaginal imaging is required, you'll be asked to empty your bladder prior to the additional endovaginal imaging.

#### *Specifically for Combined First Trimester Screen (FTS or Nuchal)*

- ✓ Your weight will be taken and you will be asked a series of questions related to your pregnancy history.
- ✓ Following the ultrasound exam, you will be given a lab requisition to have your blood drawn the same day.

Exams take **30-60 minutes** (double the time for twin pregnancies).

### **Carotid Doppler**

- ✓ There is no special preparation for this exam.

The exam takes **45- 60 minutes**.

### **Deep Vein Thrombosis Studies (DVT)**

- ✓ There is no special preparation for this exam.

For Leg DVT, the exam takes **30 minutes**.

For Arm DVT, the exam takes **60 minutes**.

Allow extra time for bilateral exams.

### **Limited Ankle Brachial Indices (Ltd. ABI)**

- ✓ Patients should refrain from strenuous exercise and avoid drinking caffeinated beverages 3 hours prior to their appointment time. Wear loose fitting pants and a short sleeved shirt. Do not wear compression stockings the day of your ABI exam.
- ✓ Arrive **30 minutes prior** to the appointment time to allow for a resting period prior to the procedure.

The exam takes **30 minutes**.

### **Musculoskeletal (MSK) or Small Parts Ultrasound (bumps, lumps, scrotal, or thyroid)**

- ✓ There is no special preparation for these exams.
- ✓ Inform the front desk staff if this exam is through Workman's Compensation (WCB).

The exam takes **15 - 30 minutes** (double the time for bilateral exams).

## **WHAT TO EXPECT DURING YOUR EXAM:**

- ✓ Once you have checked in at the front desk, you'll be taken back to a change room.
- ✓ You may be asked to change into a gown and remove jewelry, depending on what kind of exam you are having.
- ✓ You can take your belongings into the exam room with you.
- ✓ The sonographer (ultrasound technologist) will ask you a series of questions relevant to the exam being done and then explain the procedure.
- ✓ Most exams are done with you laying on an ultrasound bed, although your position may vary depending on the area being examined.
- ✓ The sonographer will put a small amount of ultrasound gel on the area of interest and then use an ultrasound transducer (probe) to acquire images. In order to obtain good quality images, it may be necessary to apply some pressure with the probe.
- ✓ If Doppler is used during your exam, you will hear sounds when the Doppler is activated.
- ✓ Both still and moving images will be recorded and various measurements taken.
- ✓ The data will be reviewed by a radiologist after the exam is completed.

## **AFTER YOUR EXAM:**

- ✓ You will be free to go.

CAMIS strives to have the results sent to your referring doctor within 24 hours. Sometimes exams require consultation which can delay reporting. If your doctor has not received results in 7 days, please email [info@camiscare.ca](mailto:info@camiscare.ca) with the concern and include your Alberta Health Care number. An administrator will determine the cause of the delay and respond to you.

**CARE YOU DESERVE, RESULTS YOU TRUST.**

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