

# MANKATO CLINIC DIAGNOSTIC IMAGING PATIENT INSTRUCTIONS

## Aorta Ultrasound

Patient: \_\_\_\_\_

Appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_ am / pm

Location: Diagnostic Imaging Department at Mankato Clinic  
1230 East Main Street, Mankato, MN 56001

### Before the Exam:

An aorta ultrasound uses sound waves, not radiation, and an instrument called a transducer to obtain images of your abdominal aorta. This is the main artery in your abdomen that carries blood from your heart to your abdomen, pelvis and legs.

- Eight hours prior to your exam, **do not** eat or drink anything. This includes no smoking and no chewing gum. You may take your morning medication with a small amount of water.
- Arriving late or not following the above preparation instructions will result in rescheduling your exam.

### During the Exam:

- You may be asked to undress. A gown will be provided.
- You will be asked to lie on a bed.
- This exam may take up to 30-60 minutes to complete.
- Warm gel will be placed on your abdomen.
- A transducer will be moved around on your abdomen during the exam, and pressure may be applied to improve the quality of the image.
- The sonographer will take several images, and you may be asked to hold your breathing for certain pictures.
- Your images will be reviewed and read by a radiologist.
- The final signed report will be sent to the provider that ordered your exam.

### After the Exam:

- You may resume your regular diet unless you have been given other instructions.

Your exam will be reviewed and read by a Radiologist within the next 24 hours. A report will go to your provider for him/her to review. Your provider is responsible for communicating the results to you and this will be done by letter, a phone call, or a follow up appointment. If you don't have a follow up appointment scheduled and have not heard anything within a week, you have the right to call your provider's department and inquire about results.

If you are unable to keep your appointment or have questions about your exam, please call 507-389-8570.

Please check in at Patient Registration prior to going to the Diagnostic Imaging Department.