

MANKATO CLINIC DIAGNOSTIC IMAGING PATIENT INSTRUCTIONS

Pelvic Ultrasound

Patient: _____

Appointment Date: _____ Time: _____ am / pm

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

Before the Exam:

A pelvic ultrasound uses sound waves, not radiation, and an instrument called a transducer to obtain images of the organs within your pelvis.

- There are no dietary restrictions for this exam.
- **Finish drinking 32-40 ounces of water one hour BEFORE your scheduled exam time.**
- Please avoid carbonated beverages. Substituting half the amount with juice or coffee is acceptable.
- A full bladder is required for this exam. **Do not** empty your bladder until your exam is completed.
- Arriving late or not following the above preparation instructions will result in rescheduling your exam.

During the Exam:

- You will be asked to undress. A gown will be provided.
- You will be asked to lie on a bed.
- This exam may take up to 60 minutes to complete.
- Warm gel will be placed on your pelvic area.
- A transducer will be moved around on your pelvic area during the exam, and pressure may be applied to improve the quality of the images.
- **For female patients:** It may also be necessary to use an endovaginal probe. This requires the insertion of an ultrasound probe into your vagina to see certain internal pelvic structures. The exam can be performed during the menstrual cycle. The sonographer will allow you to empty your bladder before the endovaginal exam.
- The sonographer will take several images.
- 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 routine 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.