# GYNAECOLOGICAL (PELVIC) ULTRASOUND

**PATIENT INFORMATION SHEET**

## What is a gynaecological (pelvic) ultrasound scan?

Ultrasound scans are an effective way of gynaecological or pelvic ultrasound involves assessment of the female pelvic organs (uterus and ovaries). Both a transabdominal and a transvaginal scan will be performed in most cases. The best view of the pelvic organs are obtained with a transvaginal (internal) approach. Your doctor or gynaecologist may request a pelvic ultrasound for one of the following reasons:

- to assess the female reproductive system
- possible sources of infertility
- sudden onset or persistent pelvic pain
- ovarian cysts or masses
- uterine fibroids
- IUD position
- abnormal vaginal bleeding
- pregnancy assessment

## What preparation is required?

You will need to attend your appointment with a full bladder for the transabdominal scan. The full bladder will push the bowel out of the pelvis, allowing the pelvic organs to be seen in most cases. Drinking 500mls of water at least one hour before your examination and then not emptying your bladder should result in a full bladder for the time of your scan. You can empty your bladder after the initial transabdominal assessment.

## Timing of your scan

An ultrasound examination of the pelvis can be done at any time of the cycle, even when menstruating. However, interpretation of the appearance of the ovaries and endometrium (lining of the uterus) is best done immediately after your period, and ideally, we would book your examination at that time.

## What will happen during the examination?

### Transabdominal

Generally, a transabdominal scan is performed first. Ultrasound gel will be applied to the lower abdomen and an ultrasound transducer will be used to scan the relevant anatomy. You will then be asked to empty your bladder before proceeding to a transvaginal (internal) ultrasound.

### Transvaginal (internal)

The sonographer will explain the process of the transvaginal (internal) scan and gain your written consent. You will be provided a cover sheet and asked to remove your lower clothing including your underwear. In most cases a small cushion will be placed underneath you once you are lying down on the examination table, this helps tilt your pelvis for better visualisation of the pelvic organs.

A transvaginal (internal) scan involves a thin covered ultrasound probe being introduced a short distance into the vagina to view the uterus and ovaries. This is a simple and safe procedure. The examination is similar to that of a general pelvic examination. Most women find the transvaginal scan preferable and more comfortable than a transabdominal scan with a full bladder. The examination is typically completed within ten minutes.

Transvaginal scans are not performed on young girls, those who have not been sexually active or those who choose not to have this type of scan. Please let the sonographer know if a transvaginal scan is not appropriate for you.

## Duration of examination

A pelvic ultrasound typically takes 30 minutes. This includes both transabdominal and transvaginal examinations.

## Are there any risks?

The vaginal ultrasound probes are sterilised using a high level disinfection system. The probes are covered by a protective sheath for each patient. Ultrasound scans use high frequency sound waves. No confirmed adverse effects have been identified to date. No ionizing radiation is used in ultrasound.

## After the examination

The images will be reviewed and reported by our Radiologist. For your convenience we can generally deliver the imaging and report to your doctor by the next working day. Urgent cases are reported immediately after the scan and results sent to your doctor.

## Please bring with you:

- Your request form
- All previous relevant imaging
- Medicare and any healthcare or concession cards

For more information on this examination please contact our clinic on (08) 7634 6677 or email admin@midnorthimaging.com.au



Excellence in Ultrasound