



Ultrasound Exams Overview

Abdominal Complete Ultrasound:

- **Prep: Patient must be fasting (nothing to eat or drink) after midnight the night before the exam.**
- Exam includes right and left sided organs above the umbilicus such as liver, aorta, both kidneys, etc. This exam does not look at the stomach or bowel. Typically, a morning exam.

Abdominal Limited:

- **Prep: Patient must be fasting (nothing to eat or drink) after midnight the night before the exam.**
- Exam includes right sided organs above the umbilicus such as liver, gallbladder, right kidney, etc. Occasionally, this study will be used for a "spleen only" exam. This exam does not look at stomach or bowel. Typically, a morning exam.

Breast Ultrasound (separate order & charge per breast): NO PREP

- This exam includes a palpable mass and immediate surrounding area or area of pain and immediate surrounding area. The entire breast may be scanned, if necessary.

Neck Ultrasound for Palpable Mass: NO PREP

- Any soft tissue, nonvascular, mass in the neck can be imaged with typically concern for lymph nodes.

Pelvic Ultrasound:

- **Prep: A full bladder is required** for this exam. **Patient must drink 2-3 16oz bottles of water one hour before the exam and not go to the bathroom.**
- Exam includes a transabdominal pelvic ultrasound and an internal pelvic ultrasound (if patient agrees) to evaluate the ovaries and uterus. (1st trimester OB evaluation for bleeding, etc.)

Renal Ultrasound:

- **Prep: Patient must not eat anything 6 hours before the exam and drink 1-2 16oz bottles of water 45 minutes before exam.**
- Exam includes both kidneys and urinary bladder. Typically, a morning exam (possible afternoon exam with approval from sonographer).

Soft Tissue Ultrasound: NO PREP

- Exam can include a palpable, soft tissue, nonvascular mass in any area of the body. **Does not** look at muscle tears, muscles strains or hernias.

Testicular Ultrasound: NO PREP

- Exam includes both testicles, checks for masses and looks at immediate surrounding area for enlarged vessels or fluid.

Thyroid Ultrasound: NO PREP

- Exam includes the entire thyroid gland **only** and can include a palpable mass at the thyroid.

Venous Leg Ultrasound (unilateral or bilateral): NO PREP

- The Ultrasound tech will scan the deep veins, starting from the groin down to the ankle to look for a DVT or Blood Clot **ONLY**. Exam does not include varicose veins.

Exams **not** offered at University Health Services:

- Exams evaluating soft tissue hernias, soft tissue muscle tears, and exams evaluating the appendix to rule out appendicitis
- Upper extremity venous ultrasounds
- 2nd or 3rd trimester ultrasound for anatomy scans