



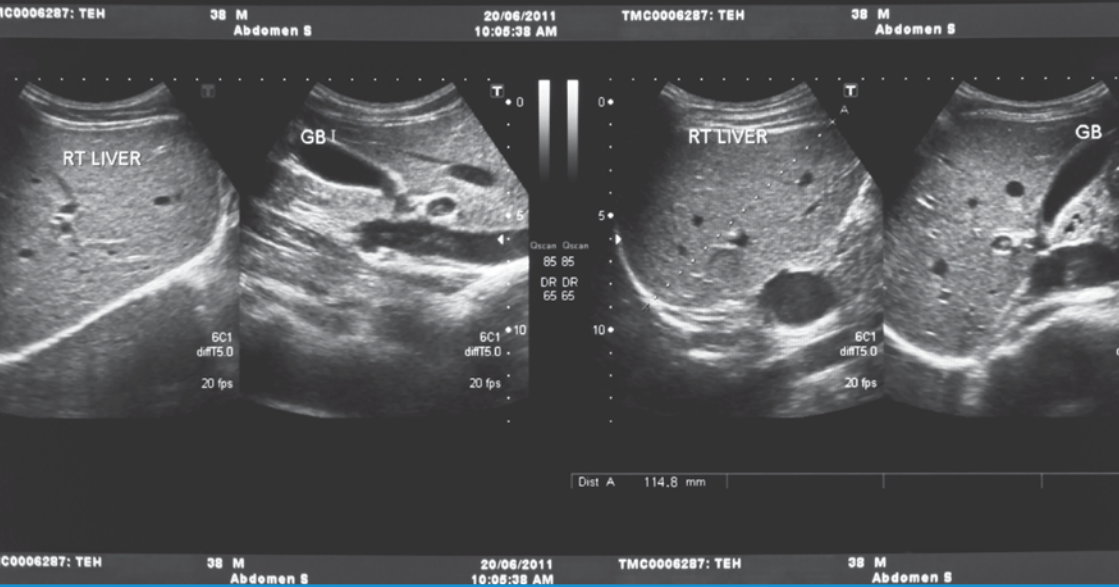
Physiological
Measurements Ltd.

UNDERSTAND
INNOVATE
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Patient Information

Community Ultrasound Service



Contact Details for PMC

01691 676496

pml@nhs.net

www.physiologicalmeasurements.com/patients

Providing services on behalf of the NHS

What is an Ultrasound Scan?

An ultrasound scan is an examination that involves taking pictures of the body using sound waves. Ultrasound can be used to look at all soft tissue structures and blood vessels. Pulses of ultrasound are sent through the skin into your body which then echo (bounce back), creating an image. The scan is carried out by a sonographer and the images recorded and interpreted to make a diagnosis. There are no side effects from having an ultrasound.

The Patient Management Centre

Our Patient Management Centre (PMC) manages your appointment booking and sends your results once your GP has submitted a referral to us on your behalf.

If you are unable to attend or wish to change your appointment, please contact the PMC at least 3 days prior to your appointment so that we may offer it to another patient.

Chaperones

Your appointment or test may be performed by a male staff member. You are welcome to bring a friend or relative to attend your appointment with you. If a friend or relative is unable to attend we may be able to provide a chaperone to be present during your examination if you wish. Please contact the PMC prior to your appointment if you would like us to provide a chaperone.

Arriving at the clinic

Please arrive at the clinic 15 minutes before your appointment.

On arrival please report to reception and wait in the waiting room for a member of staff to call you. You will be advised on your appointment letter if there are special requirements regarding where to wait.

At the start of your appointment, our staff will explain the procedure to you and answer any further questions you may have. You may be asked to undress and put on an examination gown.

Cancel or change appointment

To cancel or change your appointment please call us on **01691 676496** at least 3 days prior to your appointment date.

The Examination

You will be asked to lie down on a couch. Some lubricating gel will be applied to the body part to be scanned. This gel enables the sonographer to get better contact between your skin and the ultrasound probe. The probe is similar to a very thick blunt pen and is connected by a wire to an ultrasound machine and monitor.

The probe is gently moved over the surface of the skin and an image is produced on the monitor. An ultrasound scan will normally take between 15 and 20 minutes. Some of the more complex scans (such as Vascular Doppler to evaluate blood flow) can take up to one hour.

Transvaginal Ultrasound

During the female pelvic scan, a procedure known as a transvaginal ultrasound may be required. This type of scan gives much clearer pictures of the uterus, ovaries and fallopian tubes than the abdominal scan. Your sonographer will decide if this is needed and will gain verbal consent before proceeding.

For a transvaginal scan the probe is about 15cm (6 inches) long and about 2cm (1 inch) in diameter and it is inserted into your vagina. Pulses of ultrasound are sent from the probe through the lining of your vagina to the part of your body being examined. The probe is gently rotated and ultrasound pictures are sent to the monitor.

How will I get the results?

The ultrasound report will be completed by the sonographer and sent to the doctor who referred you for your ultrasound scan. You should telephone your practice to confirm that they have received your report before arranging an appointment to discuss your results, unless the doctor has made different arrangements with you. Only certain aspects of the examination may be discussed at the time of the scan. Any further examinations and clinical treatments will be discussed between you and your GP.

Do I need to make any special preparation for the scan?

Special preparation is only required for the following scans.

Upper Abdomen Ultrasound Scan

Do not have anything to eat during the six hours before your appointment. If you need to drink, please drink only water during this time. If you are diabetic you must check with your GP or practice nurse as a change in medication may be required due to this period of fasting.

Female Pelvis Ultrasound Scan

You can eat normally but you must drink at least one litre (2 pints) of water before your appointment. Do not empty your bladder before the scan. If you do not have a full bladder, it may not be possible to carry out the scan.

Urinary Tract Ultrasound Scan

You can eat normally but you must drink at least one litre (2 pints) of water before your appointment. Do not empty your bladder before the scan. If you do not have a full bladder, it may not be possible to carry out the scan.

If you are having any other type of scan (as indicated on your appointment letter) no special preparation is required.

Musculoskeletal (MSK) scans

Ultrasound images of the musculoskeletal system provide pictures of muscles, tendons, ligaments, joints and soft tissue throughout the body. This means that no special preparation is required. Our MSK scans are performed by specialised sonographers and as such it is not possible to offer these clinics at all of our locations. As such you may be offered a scan at a centralised location rather than your nearest practice.

Clinics

To find your nearest clinic please visit:

www.physiologicalmeasurements.com/yourclinics and add your home postcode into the postcode finder and click find.

You will then be shown all clinics in your area and how far they are from your home address.

You can also phone our Patient Management Centre on **01691 676496** who will be happy to help.

Confidentiality

To protect your privacy and confidentiality, we would not normally disclose medical information over the telephone or fax to you without taking steps to be sure we are talking to you. This means that we will not disclose information to family, friends or colleagues about any medical matters at all unless we have your consent to do so.

Your Information

Physiological Measurements Ltd works in partnership with NHS organisations, providing services in community settings. In doing so, it is necessary for us to collect and hold information about you. For further information on what information we hold, how we protect it and how you can access it, please visit www.physiologicalmeasurements.com/patients.

Feedback & Complaints

We value your feedback on our services. If you would like to complete an online feedback questionnaire, please visit our Patient Page on our website www.physiologicalmeasurements.com

General comments and complaints can be submitted to:
Operations Manager:
T: 01691 676496
E: pml@nhs.net

For large print, audio or Braille versions of this leaflet, or to obtain a translated copy please contact the Patient Management Centre on 01691 676496.