



# Ultrasound

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## **What is an ultrasound?**

Your doctor ordered a test called an ultrasound. This test creates images that are made with the use of a hand held video camera, called a transducer (trans-duc-er). The ultrasound technologist (also called a sonographer) will place a little warm lotion on the surface of the transducer. The camera will be rubbed over the area that your doctor wants to look at. An ultrasound exam feels almost like a massage and allows the sonographer and doctor to look at your child's insides very easily. Instead of using radiation, this test uses "quiet" ultrasound waves.

## **How will I prepare my child for the test at home?**

Many ultrasound exams do not require any special preparation. Some exams require your child to fast (not eat) before the test. Children age 2 and under will fast for 3 hours. Children older than age 2 will fast for 5 hours. It is okay to drink water during this time. Some exams will require older children to have a full bladder. You will receive instructions for your child's exam by phone the day before. Your child does not need to wear any special clothing for this test. If your child is older, she may put on a hospital gown for the test.

## **How is the ultrasound performed?**

On the day of the test, the sonographer will greet you and your child and take you to the exam room. The lights in the room are dim, to allow the sonographer and doctor to see the video screen better.

The sonographer will explain the test to you and to your child and she will be able to touch the transducer and even rub it on her body so she can see how it

works. We will put a towel over your child clothes so the lotion does not get them wet.

The ultrasound can be performed with your child lying on his back, his side, or on his belly. Some ultrasound tests are performed with your child sitting or standing. The images will come up on the screen on a big computer screen next to the bed.

The radiologist will read the images right after the test. Sometimes after reviewing the images, the radiologist will ask the sonographer to get a few more pictures or the sonographer will bring the radiologist in to the exam room.

A **radiologist** is a medical doctor who specializes in the reading and interpretation of X-rays and other medical images.

### **What is the parent's role during the test?**

As the parent, you can be a great source of support for your child. Talking to your child during the test will help him/her feel comfortable and relaxed. It may be helpful to bring a comfort item such as a favorite stuffed animal or a blankie for your child to hold during the test. You can also assist the technologist by assisting your child in following instructions during the test. We encourage you to ask questions both before and after the test. If you have questions during the test, it is helpful if you can save them until after the test is finished.

### **How will I care for my child after the test?**

When the test is completed, your child will be able to use the restroom if needed. Children who fasted before the test will be able to resume their normal diet.

Please make arrangements with your child's doctor to get the results of your child's test.

## **I have more questions about ultrasound. Who can I call?**

Pediatric Radiology Nurse (734) 936- 7907.

Child Life Specialist (734) 232- 6744

We are available Monday-Friday between 8am-4pm.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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