

什么是盆腔超声检查?

What is a pelvic ultrasound?

超声影像使用声波来创建身体内部的图像。一种称为传感器 (也称为探头或棍棒) 的手持设备发送并接收这些声波。盆腔的超声通常用于观察膀胱、卵巢、子宫、子宫颈和输卵管 (其中一些被称为女性生殖器官)。

Ultrasound imaging uses soundwaves to create pictures of the inside of the body. A hand held device called a transducer (also called a probe or wand) sends and receives these soundwaves. An ultrasound of the pelvis is typically used to look at the bladder, ovaries, uterus, cervix, and fallopian tubes (some of these are known as the female reproductive organs).

有两种方法来创建影像: 通过腹部 (胃) 或通过阴道。如果传感器在腹部上移动, 则称为经腹盆腔超声检查。如果传感器被放置在阴道内, 则称为经阴道盆腔超声。经阴道超声比经腹超声得到的影像更清晰, 因为探头更接近被观察的器官 (特别是子宫和卵巢), 在任何情况下只要可行都是首选。我们的医疗标准是经腹和经阴道两部分都进行操作, 以全面评估整个盆腔区域。有时, 一个扁平的探头被放置在阴道区域的皮肤上, 以不同的方式来观察子宫颈和阴道。这就是所谓的经会阴超声。

There are two ways to create the pictures: through the abdomen (stomach) or through the vagina. If the transducer is moved over the abdomen it is known as a *transabdominal* pelvic ultrasound. If the transducer is placed inside the vagina, then it is known as a *transvaginal* pelvic ultrasound.

Transvaginal ultrasound takes a clearer picture than transabdominal ultrasound because the probe is closer to the organs being viewed (especially uterus and ovaries) and is preferred in all cases whenever possible. Our standard of care is to perform both the transabdominal and transvaginal portions in order to completely assess the entire pelvic region. Sometimes a flat probe is placed over the skin of the vaginal region to view the cervix and vagina in a different way. This is called *transperineal Ultrasound*.

我应该如何做准备?

How should I prepare?

盆腔超声的准备工作是膀胱是要满的。您将被要求在预约时间前 1 小时饮用 24-32 盎司液体。这些液体需要 1 个小时才能被你的肾脏过滤, 到达你的膀胱。满的膀胱提供了一个 "窗口", 从而经腹超声检查可以查看到女性器官。没有一个满的膀胱, 我们能看到的影像是有限的。我们会要求你排空你的膀胱进行经阴道超声检查 (通常是在经腹检查后完成)。

The preparation for a pelvic ultrasound is a full bladder. You will be asked to drink 24-32 ounces of liquid **1 hour before your appointment time**. It takes 1 hour for this liquid to filter through your kidneys and reach your bladder. The full bladder provides a "window" to view the female organs on the transabdominal ultrasound. Without a full bladder, our view is limited. We will ask you to empty your bladder for the transvaginal ultrasound (usually done after the transabdominal exam.)

检查期间会发生什么?

What happens during the exam?

1. 超声技师将询问几个与女性器官有关的病史问题, 比如: 医疗程序和手术、怀孕、月经周期日期、症状和药物。进行解释工作的放射科医生将使用这些信息来帮助解释超声影像。

The sonographer will ask several questions about your medical history related to female organs like: procedures and surgeries, pregnancies, menstrual cycle dates, symptoms, and medications. The interpreting radiologist will use this information for interpreting the ultrasound image.

2. 你将仰面背躺在一个软垫桌子上。对于第一部分 (经腹检查), 你的下身衣服需要降低到恰好在耻骨区的上方, 一块布会用来保护边缘。超声技师会在你的皮肤上涂上温暖的凝胶, 它能帮助传感器进行良好的接触, 以提高影像的质量。你会在视频屏幕上看到器官和血管的影像。在这个经腹超声检查时, 你很可能会感到膀胱压力和小便的冲动, 因为你的膀胱是满的。第一部分的检查只需几分钟。

You will lie on your back on a padded table. For part one (transabdominal exam) your bottom clothing will need to be lowered to just above the pubic area and a cloth will be used to protect the edge. The sonographer applies a warm gel to your skin to help the transducer make good contact and to improve the quality of the images. You will see a picture of the organs and blood vessels on a video screen. During this transabdominal ultrasound, you will likely feel bladder pressure and an urge to urinate because your bladder is full. This first part of the exam only takes a few minutes

超声技师: 专攻超声波技术的临床人员

Sonographer: a clinician who specializes in ultrasound technology

放射科医生: 在创建和解释身体内部图像方面受过特殊培训的医生

Radiologist: doctor with special training in creating and interpreting pictures of the inside of the body

3. 经腹部分后, 你将被指示使用卫生间, 并完全排空你的膀胱, 然后是第二部分: 经阴道超声。

After the transabdominal portion, you will be instructed to use the restroom and completely empty your bladder prior to part two: the transvaginal ultrasound.

4. 需要脱掉您腰部以下的衣服, 我们将为您提供隐私, 并提供一张床单作为遮盖。一个泡沫楔子或一叠床单会被用来抬起你的臀部。这能让传感器手柄在获得图像时改变角度留出了空间。

We will give you privacy to remove your clothing from the waist down, and provide a sheet as a cover. Your hips will be elevated using a foam wedge or a stack of sheets. This allows space for the Transducer handle to be angled while taking pictures.

5. 超声技师会保持尽可能的遮盖和隐私, 他(她)会要求您轻轻地将经阴道传感器的末端插入阴道, 其方式与使用卫生棉条相同。为了舒适性和提高影像质量, 传感器的末端会涂有凉的润滑剂凝胶。如果您愿意, 您可以要求超声技师插入经阴道探头。当尖端靠在子宫颈上的时候, 你会感觉到轻到中度的压力。传感器会被上下, 左右的移动, 移动从小幅度到大幅度, 以便看到整个盆腔的图像。根据你盆腔器官的位置, 超声技师可能还需要施加不同程度的压力, 才能创造清晰的图像。有些妇女如果已经有盆腔疼痛, 可能会经历更大的不适。

Maintaining as much coverage and privacy as possible, the sonographer will ask you to gently insert the end of the transvaginal transducer into the vagina in the same manner as a tampon. There will be cold lubricant jelly on the lower part of the transducer for comfort and to improve the image quality. If you prefer, you can ask the sonographer to insert the transvaginal probe by request. You will feel light to moderate pressure as the tip is positioned against the cervix. The transducer is moved up and down, side to side in small to wide movements to gain view of the entire pelvis. Depending on the location of your pelvic organs, the sonographer may also need to apply varying degrees of pressure in order to create clear pictures. Some women may experience a greater discomfort if they are already having pelvic pain.

6. 如果需要经体会阴的方式, 凝胶将被涂到传感器上, 然后放置在阴道外皮肤的表面。超声技师会使用稳定的压力, 获得与皮肤良好的接触, 以查看阴道和子宫颈。这应该不会疼痛的。

If the *trans-perineal* approach is needed, the gel will be applied to the transducer and placed against the outer vaginal area at the skin surface. The sonographer applies steady pressure to create good contact with the skin to view the vaginal canal and cervix. This should not be painful.

7. 检查结束时, 超声技师对图像进行核查, 以确保完整性。超声技师可能会回来再照更多的图像, 以补充原始图像。

At the end of the exam, the sonographer reviews the images for completeness. The sonographer may come back for more images to complement the original images.

有哪些好处和风险?

What are the benefits and risks?

盆腔超声用来对你目前的状况或症状做出医疗决定。这种超声波没有常见的风险。如果你从来没有过性行为, 通常不会进行阴道超声检查。在这种情况下, 只通过经腹获得图像。你和你的医生可以讨论什么是适合你的。

Pelvic ultrasound is used to make medical decisions about your current condition or symptoms. There are no common risks from this ultrasound. Transvaginal ultrasound is usually not performed if you have never been sexually active. In this case, only the transabdominal views are obtained. You and your doctor can discuss what is right for you.

谁会给我超声波检查的结果?

Who will give me my ultrasound results?

专门研究超声波的放射科医生会评估你的图像, 并寄报告给你的医生。您将从给您开超声波处方的医生那收到您的超声波结果。超声波技师不是医生, 不能解释图像或提供结果。

A Radiologist who specializes in ultrasound will evaluate your pictures and send a report to your provider. You will receive your ultrasound results from your ordering provider. The sonographer is not a doctor and cannot interpret the images or provide results.

传感器是如何清洗的?

How is the transducer cleaned?

每次使用后, 经阴道超声波传感器会被用高级别的消毒方法进行清洁和消毒。在阴道插入之前, 传感器会被盖上乳胶 (或用于过敏的非乳胶) 套。

The Transvaginal ultrasound transducer is cleaned and disinfected after every use with High-Level disinfecting methods. Prior to vaginal insertion, the transducer is covered with a latex (or non-latex for allergies) sleeve.

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