

前列腺超声波检查：可以预期什么

Ultrasound Examination of the Prostate: What to Expect (Chinese)

前列腺超声波是什么？

What is a prostate ultrasound?

超声成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。

前列腺超声波是通常用于检视前列腺和精囊。这种类型的超声波，是通过将传感器放置在直肠（最靠近肛门的大肠的一部分）内完成的。这称为**经直肠前列腺超声波**。经直肠超声波可以拍出更清晰的图像，因为探头更靠近前列腺。检查通常只需要不到 15 分钟。

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 prostate is typically used to look at the prostate gland and seminal vesicles. This type of ultrasound is done by placing the transducer inside the rectum (part of the large intestine closest to the anus). This is called a *transrectal prostate ultrasound*. A transrectal ultrasound takes a clearer picture because the probe is closer to the prostate gland. The exam typically takes less than 15 minutes.

前列腺： 围绕膀胱下方的尿道部分（排空膀胱的管道），并产生构成精液一部分的液体。

Prostate gland: surrounds the part of the urethra (the tube that empties the bladder) just below the bladder, and produces a fluid that forms part of the semen.

精囊： 骨盆中有助于产生精液的一对腺体。

Seminal vesicles: A pair of glands in the pelvis that help produce semen.

我应该如何准备? How should I prepare?

为了取得此次测试最佳和最清晰的图像, 请使用水性灌肠剂。您可以用几美元的价格, 在任何药房购买 Fleet 盐水灌肠套件。遵循包装说明, 并在超声波预约前 30 分钟使用。您可以在预约当天, 在个人洗手间进行灌肠, 也可以在约诊时间 1 小时内, 在家中使用。

In order to get the best and clearest images for this test please use a water enema. You can purchase a Fleet saline enema kit at any pharmacy for a few dollars. Follow the package directions and use 30 minutes before your ultrasound appointment. You can do the enema in a private restroom on the day of your appointment or you may use it at home within 1 hour of your appointment.

检查期间会发生什么? What happens during the exam?

1. 超声技师将确认您是否完成了灌肠, 并就您的相关病史询问一些问题

检查。进行解释的放射科医生, 将使用这些信息, 来解释超声波图像。

超声波。The sonographer will verify that you completed the enema and ask a few questions about your medical history related to the exam. The interpreting radiologist will use this information for interpreting the ultrasound.

2. 我们将为您提供隐私, 让您脱下腰部以下的衣服并穿上长袍, 当您躺在软垫桌上时, 我们将提供一张床单作为遮盖物。We will give you privacy to undress below the waist and put on a gown and we will provide a sheet as a cover as you lay on a padded table.

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. 您将被要求左侧躺，膝盖向前弯曲。一旦您处于舒适的位置，超声技师将进行超声波检查。 You will be asked to lie on your left side, knees bent forward. Once you are in a comfortable position the sonographer will perform the ultrasound exam.
4. 超声技师将拉开您臀部上的覆盖物，并找到直肠开口。然后，他们会将经直肠传感器插入直肠一小段距离。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。 The sonographer will pull away the covering over your buttocks and locate the rectal opening. They will then insert the transrectal transducer a short distance into the rectum. There will be cold lubricant jelly on the tip of the transducer for comfort and to improve the image quality.
5. 在插入过程中，深而缓慢地呼吸，将有助于放松周围的肌肉。您会感受到来自传感器的压力，并且可能会有将它推出的冲动，但持续地呼吸会帮助您抵抗。

It is helpful to breathe deeply and slowly during insertion to relax the surrounding muscles. You will feel pressure from the transducer and possibly the urge to push but continued breathing will help you to resist.

6. 超声技师必须以不同程度的压力，上下左右移动传感器，以观察整个腺体和周围区域。他们将在超声波检查期间与您沟通，来评估您的舒适度。

The sonographer has to move the transducer up and down, side to side in small increments with varying degrees of pressure in order to view the entire gland and surrounding area. They will communicate with you during the ultrasound exam to assess your comfort level.

7. 检查结束时，超声技师会检查图像的完整性。他们可能会回来取得更多图像，以补充原始图像。 At the end of the exam, the sonographer reviews the images for completeness. They may return to obtain more images to complement the original images.

有哪些好处和风险？ What are the benefits and risks?

经直肠超声波用于就您当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。

A transrectal ultrasound is used to make medical decisions about your current condition or symptoms. There are no common risks from this ultrasound.

谁会给我我的结果？ Who will give me my results?

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

A radiologist who specializes in ultrasound will evaluate your pictures and send a report to your medical 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, 经直肠超声波传感器会被用高级别的消毒方法进行清洁和消毒。在直肠插入之前, 传感器会被盖上乳胶 (或用于过敏的非乳胶) 套。The transrectal ultrasound transducer is cleaned and disinfected after every use with High-Level disinfecting methods. Before rectal insertion, the transducer is covered with a latex (or non-latex for allergies) sleeve.

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