

ULTRASOUND INSTRUCTIONS

FOR TRANSVAGINAL AND TRANSABDOMINAL ULTRASOUNDS

The physicians and practitioners of Pacific Women's Center prefer that their gynecological patients be prepared to have both types of ultrasound exams in order to receive the most accurate and thorough imaging.

The first part of the pelvic ultrasound is a transabdominal exam. This exam requires that you have a full bladder. When your bladder is full it pushes against your bowel, creating a "window" through which the pelvic organs can be visualized. **You will need to finish drinking 32 ounces of fluid one hour prior to the ultrasound exam.**

The second part of the ultrasound is a transvaginal exam. Following the transabdominal exam, the sonographer will allow you to empty your bladder. This exam requires that an ultrasound transducer be inserted into the vagina. The transducer has an approximate radius of 2.5cm (1 inch). This procedure will feel similar to a pelvic exam performed by your physician. **Anyone who has never been sexually active or feels that this exam would cause them too much discomfort will need to have a transabdominal ultrasound only. Please inform the sonographer.**