

## **Gynecologic Ultrasound**

A gynecologic ultrasound is an exam for evaluating the uterus and ovaries. This ultrasound uses sound waves to obtain images of the pelvic organs. The exam consists of two parts.

The first part of the ultrasound is performed using a transabdominal transducer, a hand held instrument that is moved along the abdomen. A water soluble gel which enhances the ability to move sound waves is applied to your abdomen. Your abdomen will be uncovered from the lower part of your ribs to your hips. The first part of the exam requires that you have a full bladder. Please drink 16 to 24 ounces of non-carbonated beverage, and finish one hour prior to the ultrasound. After this stage of the exam, you may empty your bladder.

The second part of the ultrasound is performed using a transvaginal transducer, an instrument shaped like a wand, covered with a latex sheath, and lubricated before it is placed in the vagina. The transvaginal transducer often provides a clearer image of the uterus and ovaries. You will be uncovered from the waist down. The second part of the exam does not require that you have a full bladder.

An ultrasound is normally not painful.

The gynecologic ultrasounds are performed in our office by a sonographer, a clinician who is certified in ultrasound. The results are later read by one of our physicians. Based on the ultrasound's images and findings, patient recommendations are made.

The optimal time to have a gynecologic ultrasound is usually 1 to 10 days after the onset of your menstrual cycle.

If you have any questions or concerns regarding ultrasounds, please call our office. One of the nurses will be happy to speak with you.