

Radiology Imaging Services

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What is an ultrasound?

Ultrasound is an exam using sound waves. We take pictures of different organs in the body such as the spleen, liver, kidneys, pancreas, urinary bladder and gallbladder. We can also do an ultrasound of different body parts like the hip, head and spine.

A sonographer is someone who specializes in doing ultrasound exams

How we do the ultrasound

Our sonographer will meet with you and your child. We will ask about your child's medical history, tell you about the ultrasound and answer your questions.

Taking the pictures:

- We place lotion over the area we are looking at. Lotion helps with the pictures.
- We then rub a small camera around in the lotion. The camera looks like a *computer mouse*.
- This camera does not hurt and sometimes even tickles.
- It is important to be very still during the ultrasound.



Special instructions

- Please go to Patient Registration at your child's scheduled **arrival** time. This is 20 minutes before the appointment time.
- A parent/guardian may stay in the room during the procedure.
- **Please do not bring other children. Your child needs all your attention.**
- Your child may bring a favorite toy or blanket to snuggle with during the exam.

If you cannot keep your child's appointment, please call us as soon as possible.

Prepare for the ultrasound (Prep)

Some ultrasound procedures may have special directions about eating and drinking.

These directions are on page 2 of this handout.

Please review them carefully. If you have any questions or concerns, call the Ultrasound department at 682-885-4075.

After the ultrasound

- Your child may eat and drink as usual.
- May return to normal activities.

A radiologist will read the exam

We will send the results to your child's doctor.
Your child's doctor will review the results.
Their office will share the results with you.

Notes:

Eating and drinking directions

For common ultrasound procedures

Find the kind of ultrasound your child is having and follow the directions for your child's age or weight.

- **Abdominal** ultrasound prep
- **Elastography Parenchyma** ultrasound prep

Newborn to 12 months	Do not eat or drink 4 hours before the appointment.
Older than 12 months	Do not eat or drink 6 hours before the appointment.

Renal (kidney) ultrasound prep

Newborn to 12 months	<ol style="list-style-type: none">1. Do not eat 2 hours before appointment.2. May have clear <i>non-carbonated</i> liquids until time of exam.
Older than 12 months	<ol style="list-style-type: none">1. Do not eat 4 hours before appointment.2. May have clear <i>non-carbonated</i> liquids until the time of exam.3. Do not let your child empty bladder 1 hour before the exam.

Reflux ultrasound prep

Baby weighs less than 10 pounds	Nothing to eat 3 hours before appointment.
Baby weighs over 10 pounds	Nothing to eat 4 hours before appointment.

Pelvic ultrasound prep

This exam requires a full bladder.

It is important for your child follow these directions:

- Use the restroom 1 ½ hour before appointment.
- Must **finish** drinking the appropriate amount of water 1 hour before appointment.
- Do not go to the restroom after starting to drink water.

If your child is: **Amount to drink**

Still in diapers	Keep drinking fluids
Under 5 years old	12 ounces of water
5 to 8 years old	16 ounces of water
9 to 12 years old	24 ounces of water
12 years or older	32 ounces

Head ultrasound prep

- No special prep required.

Hip ultrasound prep (infant)

- Feed baby before arriving for appointment.

Spine ultrasound prep

- Feed baby before arriving for appointment.

Testicular or Breast ultrasound prep

- No special prep required.

Thyroid ultrasound prep

- No special prep required.

These instructions are only general guidelines. Your health care providers may give you special instructions. If you have any questions or concerns, please call your health care providers.