



## 1<sup>ST</sup> TRIMESTER OBSTETRIC ULTRASOUND

Patient: \_\_\_\_\_ Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_ am/pm

Finish Water By: \_\_\_\_\_ am/pm

Location: Diagnostic Imaging Department, lower level at Mankato Clinic  
1230 East Main Street, Mankato, MN 56001  
Please enter the Mankato Clinic front door (marked #50)

### Please check in at the Diagnostic Imaging Department.

The Mankato Clinic is requiring masking only for patients over the age of 2 that are feeling ill. If you are unable to keep your appointment or have questions, please call (507) 389-8570.

### What is a 1<sup>st</sup> Trimester Obstetric Ultrasound?

An obstetric ultrasound uses sound waves, not radiation, and an instrument called a transducer to obtain images of your baby as well as the organs within your pelvis.

### How do I prepare for the test:

- There are no dietary restrictions for this test.
- **Finish drinking 32-40 ounces of water one hour BEFORE your scheduled test time.**
- Please avoid carbonated beverages. Substituting half the amount with juice or coffee is acceptable.
- A full bladder is required for this test. **DO NOT** empty your bladder until your test is completed.
- Arriving late or not following the above preparation instructions may result in rescheduling your test.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- **In order to provide focused and dedicated patient care, only one adult will be permitted to view the ultrasound with the mother at a time.**
- To provide our best services and safety practices for you during your visit, we ask that young children do not attend parental appointments without supervision and appreciate your understanding. However, if another adult is also in attendance and they are able to supervise your children, we will do our best to accommodate. If there is too much distraction, the Sonographer may need to ask guests to leave the room.

### What will happen during the test:

- You will be asked to undress. A gown will be provided.
- You will be asked to lie on a bed.
- Warm gel will be placed on your pelvic area.
- A transducer will be moved around on your pelvic area during the test, and pressure may be applied to improve the quality of the image.
- The sonographer will take several images in order to thoroughly evaluate your pregnancy and pelvic organs.
- It may also be necessary to use an endovaginal probe. This requires the insertion of an ultrasound probe into your vagina to see certain internal pelvic structures. The sonographer will allow you to empty your bladder before this part of your test.
- This test may take up to 60 minutes to complete.

### Instructions for after your test:

- You may resume your regular routine unless you have been given other instructions.
- Your test will be reviewed and read by a Radiologist within the next 24 hours.
- The final signed report will be sent to the provider that ordered your test.
- Your test results will be available in your patient portal immediately after your provider reviews them. Your provider will discuss the results with you at your follow-up appointment. If you do not have a follow-up appointment, your provider will contact you by letter or phone within five to seven business days.