



## PELVIC 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.

If you are unable to keep your appointment or have questions, please call (507) 389-8570.

### What is a Pelvic Ultrasound?

A pelvic ultrasound uses sound waves, not radiation, and an instrument called a transducer to obtain images of the organs within your pelvis.

### How do I prepare for the test:

- There are no dietary restrictions for this test.
- If you have a urinary catheter, this will need to be clamped prior to drinking the water required below. **Please bring your catheter supplies with you to use during your test.**
- **Finish drinking 32-40 ounces of water one hour BEFORE your scheduled appointment/scan 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.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their Ultrasound appointments. Safety practices limit the number of people in the testing room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test which will result in better image outcomes.
- Arriving late or not following the above preparation instructions, may result in rescheduling your test.

### 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.
- This test may take up to 60 minutes to complete.
- Warm gel will be placed on your pelvic area.
- A transducer will be moved around on your pelvic area during the exam, and pressure may be applied to improve the quality of the image.
- **For female patients:** 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 test can be performed during the menstrual cycle. The sonographer will allow you to empty your bladder before the endovaginal probe is inserted.
- The sonographer will take several images.

### Instructions for after your test:

- You may resume your regular routine unless you have been given other instructions.
- 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.