

ULTRASOUND GUIDED PARACENTESIS – DIAGNOSTIC or THERAPEUTIC

Patient: _____ Appointment Date: _____

Appointment Time: _____ 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 an Ultrasound Guided Diagnostic/Therapeutic Paracentesis?

An ultrasound guided Paracentesis is a procedure that uses sound waves to guide a small needle into a pocket of fluid in your abdomen. This procedure will either remove fluid that has accumulated within your abdominal cavity to help find a diagnosis for why this is occurring, or to remove fluid to decrease the pressure or pain you are having.

How do I prepare for the test?

- You may be asked to discontinue any blood thinning medications for up to 3-5 days prior to your procedure (some examples include: Aspirin, Baby Aspirin, Coumadin, Plavix, Advil, and Ibuprofen). This may need to have approval from your primary care provider.
- You may eat a light meal prior to your test.
- Continue to take your normal medications.
- You will be **REQUIRED to have a driver** following this procedure.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- Arriving late or without a driver, may result in rescheduling your procedure.
- 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.
- Prior to the procedure, the amount of abdominal fluid will be reassessed with the performing radiologist present. There is a small possibility that your procedure may be canceled, which the radiologist would discuss and explain the reasoning with you.

What will happen during the test?

- You will be asked to undress, and a gown will be provided. You will be asked to lie on a bed.
- Allow up to 60 minutes for this procedure – Depending on the amount of fluid being removed, this occasionally takes longer.
- The radiologist utilizes ultrasound guidance during the procedure.
- Prior to the Paracentesis, the skin is cleansed with antiseptic swabs to remove surface bacteria. Sterile drapes are placed around the area to create a sterile field.
- The radiologist injects a local anesthetic called lidocaine to numb the area where the catheter will be placed. You may feel a slight sting and pressure with this.
- A catheter device (a thin, flexible tube) is then inserted in the abdomen and fluid will be drained.
- For Diagnostic Paracentesis: A small amount of fluid will be removed and sent to the lab for testing. The lab will issue a report with the diagnosis in 24-72 hours to your ordering provider. For Therapeutic Paracentesis: A moderate to large amount of fluid may be removed to provide relief from pressure and weight from the fluid.

Instructions for after your test:

- Pressure will be applied to the site to stop any bleeding or drainage, and then covered with a bandage.
- You may remove the bandage after 24 hours, and shower the day after your procedure.
- Do **NOT** do any heavy lifting, a lot of stair climbing, or sports activities for 1 full day after your procedure.
- You may return to your usual activities 2 days after your procedure.
- You may resume your regular diet unless you have been given other instructions.
- You will be given detailed instructions following your procedure.