



Having an abdomen and renal tract ultrasound

This leaflet explains what to expect when you come to have an ultrasound of your abdomen (tummy). If you have any other queries please call the Radiology Department on 0118 322 7991.

Introduction

- **You must have nothing to eat (including milk) for four hours before the appointment, but you must drink 1 litre of water an hour before your appointment. Do not empty your bladder before the scan.** Continue to take any prescribed medication.
- A health care assistant will greet you in the ultrasound area and one may be present during your examination. The scan is conducted by either a radiologist (specialist X-ray doctor) or sonographer (specialist ultrasound).
- No childcare facilities are available while you have your scan. If you would like to be chaperoned during the ultrasound examination, please speak to a member of staff in the ultrasound department. A same sex member of staff will be provided.

What is an ultrasound?

An ultrasound scan uses high frequency sound waves to create an image of your abdomen. To date, there are no known documented risks associated with this test.

What happens during the abdomen and renal ultrasound?

An ultrasound machine uses sound waves to produce pictures of the body. Warm gel is placed on an ultrasound probe, which is then moved over the skin of the area to be examined. The lights are dimmed to allow the examiner to see the ultrasound screen more clearly. During the examination and in the vast majority of cases there is no pain, just a very slight pressure as the probe moves over the area being examined. Most examinations last between 10 and 15 minutes.

After the ultrasound

Following the scan, you can leave immediately.

A report of your examination will be sent to your referring doctor usually within 24 hours. If this is a hospital specialist, then the specialist may contact your GP with the report.

Further information

www.nhs.uk/conditions/Ultrasound-scan/Pages/Introduction.aspx

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RAD_0112

Reviewed by Sarah Heaton, Lead Sonographer: April 2025. Next review due: April 2027.