



## Diagnostic Imaging

# FEMALE PELVIC ULTRASOUND

### Preparation for the scan

**YOUR BLADDER MUST BE FULL at the time of your scan** in order that your pelvic organs can be clearly seen and adequately examined.

Please drink **1 litre of fluid** an hour before your appointment time.

### The examination

Clear gel will be applied to the skin over the area to be examined. This helps transmit the sound waves through the skin. The gel is water-soluble, washes off easily and will not stain clothing. The ultrasound probe, which is a small, smooth, hand-held instrument, is run over the skin to produce pictures on a screen.

To allow easy access to the pelvic area, please wear loose fitting clothes.

This part of the examination is not painful, although some gentle pressure may be applied to the abdomen.

The examination will take on average 10 – 20 minutes and there are no side or after effects.

### Transvaginal scan

This type of scan may be performed if more detailed images are required of the uterus and ovaries. It can be performed throughout the menstrual cycle even when you are having your period.

You will be requested to empty your bladder after we have obtained the images for the first part of the scan. You will be asked to remove your underwear and then made comfortable on a couch in a position which allows a transvaginal scan to be performed easily. This is an internal scan where the tip of a small ultrasound probe is gently inserted into the vagina. The vaginal probe is disinfected before use, covered with a protective sheath and lubricated with gel to make its insertion into the vagina easy.

By moving the probe gently in different directions the pelvic structures can be seen. The procedure is not usually painful but can sometimes cause discomfort. Any concerns can be discussed with the sonographer performing the examination.

This part of the scan usually takes 5-10 minutes.

## Finally

We hope that you have found this leaflet useful. If you have any questions or you are worried about anything, please contact your family doctor (GP) or:

- The Ultrasound department – 01305 254530

You can also contact NHS direct 24 hours a day on 0845 46 47 or [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

### About this leaflet:

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Written: May 2019

Approved: September 2019

Review date: September 2022

Edition: v2

If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)



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