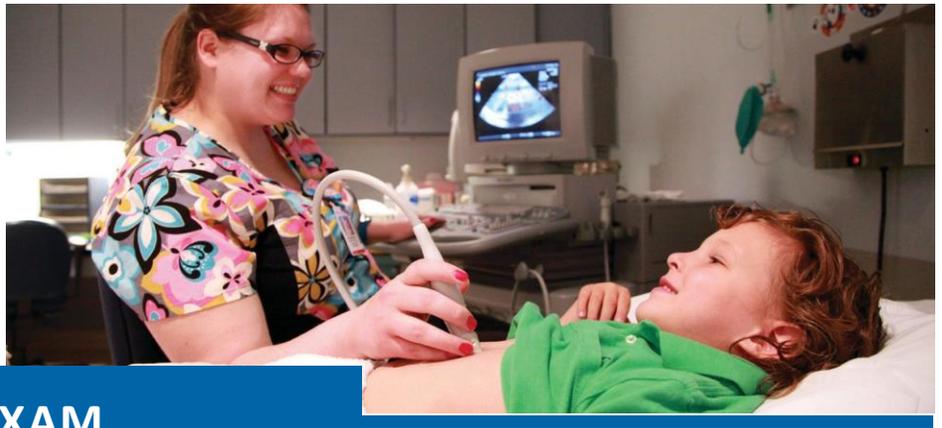




**Arkansas
Children's**

HOSPITALS • RESEARCH • FOUNDATION



ULTRASOUND EXAM

What is an Ultrasound?

Ultrasound is a test that uses sound waves to show pictures of the inside of the body. It may also be called a sonogram. An ultrasound takes pictures by bouncing sound waves off anatomy inside the body. The pictures made by the sound waves are seen on a monitor. The entire test is done from outside the body.

What do I do before the test?

The preparation for the test depends on what part of your child's body is being examined. Some ultrasounds do not require any special preparation.

- Some ultrasounds require a full bladder. Your physician should tell you if this is the case.
- If pictures of your child's stomach or gallbladder are needed, your child's doctor will give you special instructions for the exam.
- If your child is an infant, you may be asked to withhold their feeding until just before the test because an infant with a full tummy will be more likely to stay still during the test.

If you are not informed by your physician of any prep, you can contact the Ultrasound department at 501-364-1181 prior to the day of your child's appointment to ask about prep instructions.

How are the pictures taken? Ultrasound staff will bring your child and you into the ultrasound area.

- The room has very dim lights.
- The test typically takes about 30-60 minutes to complete.
- You may stay with your child if you wish, but brothers or sisters are not allowed in the room.
- Your child will need to lie down on a table and be very still.
- A special warm gel is put on the part of your child's body that will have the ultrasound. The gel will not hurt and is wiped off after the test.
- The part of your child's body being tested will be touched with a small, flat, round tool called a wand.

Who performs the test? A sonographer who is licensed and trained to do the ultrasound will take the pictures and check to make sure they are of good quality.

Who looks at the pictures? A pediatric radiologist, a doctor specially trained in reading children's ultrasounds, looks at the pictures and then sends a report to your child's doctor.

**NOTE: You may stay with your child during the test.
However, brothers and sisters are not allowed in the exam room.**

What happens after the test?

- The sonographer will give you any special instructions and let you know
- when your child can leave.
- After the test your child may eat or drink as usual, unless your child's doctor tells you not to feed him.

PREPARING MY CHILD

Infants

Although you cannot explain the test to your baby, you can help your baby feel more secure during the test if you:

- Bring a special blanket, toy or pacifier.
- Comfort them with your presence and calm voice.
- Bring along a bottle of juice, formula or breast milk to give after the test is done.

Toddlers and preschool-age children

- On the day of the test, tell your child that they will be having some "pictures" taken, so the doctor can help them feel better.
- Use simple words and be honest.
- When you come to the hospital, bring a favorite videotape, book, toy or blanket.
- You may bring a snack for after the test.

School-age children

- One or two days before the test, tell your child that they are going to the hospital to have some "pictures" taken, so the doctor can help them feel better.
- Use simple words. Be honest with your child and explain exactly what will happen.
- When you come to the hospital, bring along a favorite videotape, book, toy or game.
- You may bring a snack for after the test.

Photographs/Videos

No photographs or videos are allowed. Please turn off your cell phone before entering the x-ray exam room.



PATIENT NAME: _____

APPOINTMENT DATE: _____ TIME: _____

PATIENT PREPARATION/SPECIAL INSTRUCTIONS: _____

Ultrasound Department at Arkansas Children's Hospital

(501) 364-1181 • Monday - Friday, 7:30 a.m. - 6 p.m.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away. This is general information and is not specific medical advice for your child. Always consult your child's doctor or other health care provider if you have any questions or concerns about the care or health of your child.