

Preparation Instructions for Patient

Procedures	Preparation Instruction								
<ul style="list-style-type: none"> Abdomen Doppler Aorta Doppler Renal Arteries Doppler Renal Veins Liver Doppler Renal Doppler Transplanted Liver 	<ul style="list-style-type: none"> FAST according to the duration below: <table border="1"> <thead> <tr> <th>Age Range</th> <th>Duration</th> </tr> </thead> <tbody> <tr> <td>Below 1 year old</td> <td>Omit last feed</td> </tr> <tr> <td>1 – 10 years old</td> <td>4 hours</td> </tr> <tr> <td>Above 10 years old</td> <td>6 hours</td> </tr> </tbody> </table> Sips of <u>plain</u> water allowed. DO NOT smoke on the day of examination. Diabetic patients: Stop all diabetic medication and/or insulin injection on the day of scan. 	Age Range	Duration	Below 1 year old	Omit last feed	1 – 10 years old	4 hours	Above 10 years old	6 hours
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<ul style="list-style-type: none"> Abdomen & Pelvis 	<ul style="list-style-type: none"> FAST according to the duration below: <table border="1"> <thead> <tr> <th>Age Range</th> <th>Duration</th> </tr> </thead> <tbody> <tr> <td>Below 1 year old</td> <td>Omit last feed</td> </tr> <tr> <td>1 – 10 years old</td> <td>4 hours</td> </tr> <tr> <td>Above 10 years old</td> <td>6 hours</td> </tr> </tbody> </table> DO NOT smoke on the day of examination. Drink at least 4 cups of plain water (1 hour before scan) to keep your bladder FULL. (Omit this instruction if you are on fluid restriction.) Diabetic patients: Stop all diabetic medication and/or insulin injection on the day of scan. 	Age Range	Duration	Below 1 year old	Omit last feed	1 – 10 years old	4 hours	Above 10 years old	6 hours
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<ul style="list-style-type: none"> Kidney Bladder Pelvis Prostate Urinary Bladder 	<ul style="list-style-type: none"> No fasting. Drink at least 4 cups of plain water (1 hour before scan) to keep your bladder FULL. (Omit this instruction if you are on fluid restriction.) Do not empty bladder till scan is completed or as instructed by sonographer. 								
Other scans not indicated above	No preparation.								

Please bring this leaflet on the day of your appointment

Ultrasound

Patient Information Leaflet

National University Hospital
5 Lower Kent Ridge Road, Singapore 119074
OneNUHS Hotline: (65) 6908 2222
OneNUHS General Enquiries: contactus@nuhs.edu.sg
OneNUHS Appointments: appointment@nuhs.edu.sg
www.nuh.com.sg

Alexandra Hospital
378 Alexandra Road, Singapore 159964

An **ultrasound** scan involves the use of inaudible high frequency sound waves to obtain images of internal organs. This allows the radiologist (a doctor who specialises in the interpretation of images) to examine the patient non-invasively and without discomfort.

What to Expect During the Procedure

- 1) You will be positioned comfortably lying down on the examination couch.
- 2) The area of the body to be examined will be uncovered.
- 3) A thick water-soluble gel will be applied over the area under examination to facilitate the transmission of the sound waves through your body.
- 4) An ultrasound probe will be moved over the area under examination. The waves generated from the probe will produce images on the display monitor. Slight pressure may be applied to better visualise some structures.
- 5) Room lights will be dimmed in order for the operator to visualise the images on the monitor properly.
- 6) The gel is wiped off after completion of examination. You will then be ready to leave the department.

Preparation for the Procedure

Preparation for procedure varies according to the type of scan. Please refer to "Preparation Instructions for Patient" on page 3 of leaflet.

Abstinence from smoking

- Is required on the day of examination for ultrasound of the upper abdomen. Smoking is likely to stimulate the biliary system and affect the accuracy of diagnosis.

After the Procedure

You may resume normal activity after the procedure. Your doctor will advise you of the results at your next appointment.

Important Points to Note

If you are on restricted fluids or suffer from diabetes mellitus please inform us when making the appointment. If you are on medication, please continue to take them with plain water.

What Are the Risks

The use of high frequency sound waves in medical diagnosis has been deemed safe. Pregnant women may undergo this procedure. There are no known immediate side effects or long-term effects.

Should you have any queries or require further clarifications, please contact:

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Your Ultrasound Appointment	
<div style="display: flex; align-items: center;"> <div> <p>National University Hospital Diagnostic Imaging</p> <p><input type="checkbox"/> Main Building, Level 2 (MB L2)</p> <p><input type="checkbox"/> Kent Ridge Wing, Level 3 (KRW L3)</p> <p><input type="checkbox"/> Medical Centre, Level 4</p> </div> </div>	<div style="display: flex; align-items: center;"> <div> <p>Alexandra Hospital Diagnostic Imaging</p> <p><input type="checkbox"/> DI 2, Block 6, Level 1</p> </div> </div>
<p>Patient Particulars</p> <div style="border: 1px solid black; height: 80px; width: 100%;"></div>	<p>Appointment Date & Time :</p> <p>_____</p> <p>Estimated Fees :</p> <p>_____</p>
<p>Late arrival may result in rescheduling of appointment.</p> <p>Please arrive at least 15 minutes before the appointed time to register and prepare for the procedure. We appreciate your understanding should an unforeseen delay occur due to medical exigencies. Kindly inform us if you are unable to keep to the scheduled appointment.</p>	
<h3>Preparation Instructions for Patient</h3> <ul style="list-style-type: none"> - ABSTAIN from smoking on the day of examination. - FAST for at least 6 HOURS before scan. <i>*Fasting start time: _____</i> - Drink at least 4 cups of plain water (1 hour before scan) to keep your bladder FULL. (Omit this instruction if you are on fluid restriction.) - For fasting diabetic patients, stop all diabetic medication and/or insulin injection on the day of scan. <i>*If appointment time is changed, please adjust fasting start time accordingly.</i> 	
<p>Please bring this leaflet on the day of your appointment</p>	

This brochure is classified as Unclassified, Non-Sensitive

The information in this brochure is meant for educational purposes and should not be used as a substitute for Medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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