

Abdominal ultrasound in adults

Information for Patients

Abdominal ultrasound is an imaging examination to assess internal organs. Ultrasound waves are used during the examination. Ultrasound is safe and does not involve exposure to ionising radiation.

How to prepare?

A day before the examination:

- Avoid eating foods and drinks contributing to bloating, such as legumes, carbonated drinks or yoghurt.
- Patients who have a tendency towards flatulence should keep to a light diet as early as two days before the examination and, as prescribed by their doctor, they should take medicines to reduce the amount of gas in the gut on the day before the examination. Unless your doctor tells you otherwise, you will usually take Espumisan (80 mg 3 times a day on the day before the examination and 80 mg in the morning on the day of the examination, on an empty stomach) or another medicine containing simethicone. These are over-the-counter medications.

On the day of the examination:

- Before the examination you should not drink coffee, chew gum and smoke cigarettes.
- If the examination is scheduled before 12:00 p.m., the patient should be on an empty stomach (the last meal on the day before the examination should be at about 6:00 p.m.). If the examination is scheduled at 12:00 p.m. or later, do not eat any food for at least 6 hours prior to the examination.
- Wear loose clothing that is easily removed or pulled up to expose the abdomen during the examination.
- If you are taking medications on a regular basis, take them as directed by your doctor with a small amount of still water.

What to bring?

- ID card, original copies of previous diagnostic tests and hospital discharges, if the stay was related to the examination.
- If the patient received a paper medical examination referral or an e-referral code – it should be brought with them.

How is the examination performed?

During abdominal ultrasound, the patient lies on their back and transparent gel is applied to the skin of the abdomen. The doctor is moving the ultrasound head over the abdomen, examining the image on the screen. During the examination, the doctor may ask the patient to change their position or to inhale and hold air. The examination is painless, although stronger pressing of the transducer into the abdomen can cause discomfort. Abdominal ultrasound usually takes several minutes, and the examination result is issued immediately.

NOTE!

Urinary tract ultrasound is a separate examination. Instructions on how to prepare for urinary tract ultrasound are available at <https://www.luxmed.pl/dla-pacjenta/pytania-i-odpowiedzi> under the “How to prepare” tab.