

Urinary tract ultrasound

Information for Patients

An ultrasound examination of the urinary tract includes an assessment of the kidneys and bladder, and in men also a general assessment of the prostate. The procedure uses ultrasound waves. Ultrasound is safe and does not involve exposure to ionizing 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 prone to bloating should follow a light, easily digestible diet starting two days before the examination. According to medical advice, they should take medications to reduce gas in the intestines the day before the procedure. Unless otherwise instructed by a doctor, Espumisan is usually recommended (80 mg three times on the day before the examination, and 80 mg in the morning on an empty stomach on the day of the exam) or another simethicone-containing product. These medications are available over the counter.

On the day of the examination:

- Before the examination patient should not drink coffee, chew gum and smoke cigarettes.
- If the examination is scheduled before 12:00 p.m., 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, patient should not eat any food for at least 6 hours prior to the examination.
- Wear loose-fitting clothes that are easy to remove or roll up to expose the abdomen during the procedure. If the patient is on regular medication, they should take it as prescribed, with a small amount of still water.
- At least one hour before the exam, drink 1 to 1.5 liters of still water or weak tea. The bladder should be full, so patient should not urinate before the examination.

What to bring?

- An ID card, original results of previous diagnostic tests, and hospital discharge papers if hospitalization was related to the examination.
- If the patient received a paper referral or an e-referral code, they should bring it along.

How is the examination performed?

The examination is performed in a lying position. The specialist applies a special gel on the examined area, and then an ultrasound machine head. The doctor visualises various elements of the urinary system by gentle movements of the machine head. The entire procedure lasts for a dozen or so minutes and the patient receives the result immediately after the visit.