Urinary Tract Ultrasound

Patient information

An ultrasound examination of the urinary tract involves assessing the kidneys and urinary bladder. In men, it also includes a general assessment of the prostate gland. The examination uses ultrasound waves. Ultrasound is safe and does not involve exposure to ionizing radiation.

How should you prepare?

The day before the examination

- Avoid foods and drinks that may cause bloating, such as legumes, carbonated beverages and yoghurt.
- Patients who are prone to bloating should follow an easily digestible diet starting two days before the examination. As recommended by their doctor, they should also take medication to reduce intestinal gas on the day before the examination. Unless otherwise instructed by the doctor, Espumisan is usually taken (80 mg three times daily on the day before the examination and 80 mg in the morning, on an empty stomach, on the day of the examination), or another medicine containing simethicone may be used. These medicines are available over the counter.

On the day of the examination

- At least one hour before the examination, drink 1–1.5 litres of still water or weak tea. Do not empty your bladder before the ultrasound examination. It is important that your bladder remains as full as possible.
- Avoid drinking coffee, chewing gum and smoking before the examination.
- If the examination is scheduled before 12:00 noon, you should attend on an empty stomach. Your last meal on the previous day should be eaten at approximately 6:00 p.m.
- If the examination is scheduled for 12:00 noon or later, do not eat for at least 6 hours before the examination.
- Wear loose-fitting clothing that can be easily removed or lifted to expose your abdomen during the examination.
- If you take regular medication, take it as prescribed by your doctor, with a small amount of still water.

What should you bring?

- An identity document, the original copies of previous diagnostic test results and hospital discharge summaries, if the hospital stay was related to the examination.
- If you have received a paper referral or an e-referral code, please bring it with you.

What does the examination involve?

The examination is performed with the patient lying down. The specialist applies a special gel to the area being examined and then places the ultrasound probe against the skin. By gently moving the probe, the doctor visualises the different structures of the urinary tract.

The entire procedure takes approximately 10–15 minutes, and the patient receives the results immediately after the appointment.