How is Pelvic Ultrasound performed?

There are two methods of performing a pelvic ultrasound examination:

- **Transabdominal scan**  
- **Transvaginal scan**

This examination is performed by a specially trained healthcare professional (Radiographer or Sonographer) or by a doctor.

**TRANSABDOMINAL SCAN**

**How do I prepare for the procedure?**

An adequately filled urinary bladder is required as this acts as a window to visualize the uterus and its surrounding organs. Without the window, visualization is affected and the organs cannot be properly seen.

At the same time, a bladder that is too full will tend to compress on the uterus and its surrounding organs, again resulting in an inaccurate picture.

Usually drinking 4-8 glasses of water and waiting for about 20-30 minutes will be adequate for an appropriate window to be formed. However, as each of our body systems is slightly different it may take a longer or shorter time to form this window adequately. Some patients may also need to take more water than others.

Let us know, when you feel there is a need to empty your bladder and the radiographer will do a check. If it is adequate, the examination can proceed. If not, you will be accordingly advised. (Infrequently, the bladder may be over-filled, in this case you will be advised to empty your bladder partially.)

Do not empty your bladder until the desired images are captured. If you are a virgo intacta, usually only a transabdominal scan will be performed. If you are married or sexually active, and upon your agreement, a transvaginal scan can be performed. Otherwise, only a transabdominal scan is done.

**How is the procedure performed?**

- **Transabdominal**
  - You will need to lie on the examination table.
  - A water soluble gel is applied over the lower abdomen. In any, is similar to that in a pap smear.
  - The probe will be pressed firmly against your body and moved until the desired images are captured.
  - You may be required to empty your bladder prior to the scan.
  - Most of the time, it should not be painful. The discomfort, if any, is similar to that in a pap smear.
  - The scanning examination is usually completed within half an hour to an hour.

**Transvaginal**

- You will be asked to lie on the examination table.
- The probe will be inserted into the vagina.
- Specially designed probe with protective covering is lubricated with gel.
- It is inserted into the vagina.
- A water soluble gel is applied over the lower abdomen. In any, is similar to that in a pap smear.
- The probe will be pressed firmly against your body and moved until the desired images are captured.
- You may be required to empty your bladder prior to the scan.
- Most of the time, it should not be painful. The discomfort, if any, is similar to that in a pap smear.
- The scanning examination is usually completed within half an hour to an hour.

**ADVANTAGE OF TRANSDOMINAL SCAN**

- **Broad view of the pelvis**
- **Adequate visualization of ovaries**

**LIMITATION OF TRANSDOMINAL SCAN**

- Ultrasound waves are reflected by air or gas in the bowel and may prevent visualization of ovaries and surrounding area of the uterus.

**TRANSVAGINAL SCAN How do I prepare for the procedure?**

- **No special preparation is required.**
- **You may be required to empty your bladder prior to the scan.**

**How is the procedure performed?**

- **Transvaginal probe** with protective covering is lubricated with gel.
- **It is inserted into the vagina.**
- **A cushion may be placed under the buttocks to elevate it for patient’s comfort and ease of scanning.**
- **Most of the time, it should not be painful. The discomfort, if any, is similar to that in a pap smear.**

The scanning examination is usually completed within half an hour to an hour.

**ADVANTAGE OF TRANSDOMINAL SCAN**

- **Gives better visualization of the uterus and ovaries.**
- **Does not require a full urinary bladder.**
- **Does not give an overall image of surrounding area that is visualized.**
- **May be performed in any lady who chooses.**
- **Does not give an overall image of surrounding area that is visualized.**
- **May be performed in any lady who chooses.**

**LIMITATION OF TRANSDOMINAL SCAN**

- **Does not give an overall image of surrounding area that is visualized.**
- **May be performed in any lady who chooses.**

**What kind of scan should I have?**

Often both types of scans are done so as to overcome the limitation of each type of scan. The attending radiographer will inform you of which is most suitable for you in your circumstances.

**Is there any risk involved?**

Research has shown that to date there are no harmful effects associated with the medical use of ultrasound on the health and development of the embryo.
什么是超声波扫描？

超声波扫描是一种通过高频声波为体内器官照影的扫描技术。它不带辐射性。

超声波扫描广泛用于心脏、肝脏、胆囊、乳房的检测；也被普遍用于子宫、卵巢，怀孕期间监测胎儿发育的检测上。

骨盆超声波扫描是如何进行的？

它可以通过两种方法进行：
• 经腹部，或
• 经阴道的方式进行。

骨盆超声波扫描的检验事前的准备

为了能取得清晰的子宫和周围器官的照影，膀胱必须适当

地被液体填满。但是，过份盈满的膀胱又会压着子宫和周

围的器官，也会造成照影的准确性。

一般饮用四至五杯水，再等待二十至三十分钟，应该可以达到

膀胱适当充盈的目的。但这也因人而异，有些人须等待更

长的时间或喝更多的水。

若你觉得尿急，请告诉我们以便能作适当的安排；甚至在一

些情况下，你须排出一部分（但非全部）尿液。

请切记须在成功完成经腹部检验后才上厕所排尿。

扫描过程

• 你会仰卧在床上。
• 我们会把一种水溶性凝胶摸在你的下腹部位，为此你

可能要除掉衣服。
• 扫描探测器会在检查部位上来回移动以取得相关图像。
• 因为憋尿的关系，你多少会感到不适。
• 在摄取有关影象之后，请把腹部的凝胶抹掉。
• 专业人员会初步检查影象，请稍作等候。

扫描一般需半小时左右。

经腹部超声波扫描的好处

• 能以较为广阔的角度取得骨盆的影像。

经腹部超声波扫描的局限

• 被反射的声波，或大肠的蠕动，可能会影响到卵巢或子

宫周边的影像。

经阴道进行的骨盆超声波扫描

检验事前的准备

为了能取得清晰的子宫和卵巢的照影，膀胱不必适当

地被液体填满。但是，过份盈满的膀胱又会压着子宫和周

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扫描一般需半小时左右。

经阴道超声波扫描的好处

• 子宫和卵巢的影像会更精确。
• 它省略膀胱充水的程序。

一般情况下，我们只会替已婚或性交活跃的女性进行经阴道

超声波扫描。

我该选择那一种影像？

两种方法皆用，能够互补各别的缺点。效果最佳。

我们的技师能为你提供意见。

超声波扫描的风险

到目前为止，研究没有发现超声波会危害到身体健康或

胎儿的发育。

超声波扫描

超声波扫描是一种通过高频声波为体内器官照影的扫描技术。它不带辐射性。