

## WHAT IS ULTRASOUND?

Ultrasound (US) imaging is a safe, painless and radiation-free method of producing real-time pictures of internal organs and systems. Also called sonography, ultrasound uses inaudible, high-frequency sound waves to examine many parts of the body including the abdomen, pelvis and blood vessels, as well as the fetus during pregnancy.

With all ultrasound exams, a handheld microphone-like device called a transducer is scanned over the part of the body being examined. As the sound waves make contact with blood, tissue and bone, portions of the waves "echo" back to the transducer. The echoes are then analyzed by a computer to form continuous real-time images.

Ultrasound's dynamic capabilities allow radiologists to see organs in motion to assess the function of body parts as well as to perform other procedures using US for imaging guidance.

Be assured that throughout your exam, our skilled and compassionate staff and sonographers will be dedicated to your care, comfort and safety.

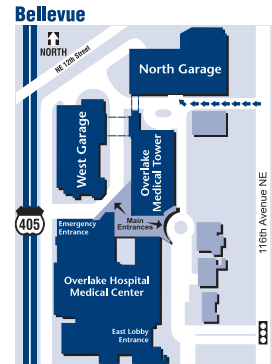


Our highly trained and OB/GYN certified technologists provide kind and compassionate care during your exam.

## HOW TO FIND US

### WIS in Bellevue

**Overlake Medical Tower**  
1135 116th Ave. N.E.  
Suite 260  
Bellevue, WA 98004  
425.688.0100



### Southbound

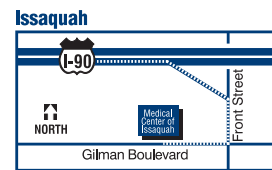
Exit I-405 at N.E. 8th St., eastbound. Merge to the left lane and turn left (north) at the first stoplight onto 116th Ave. N.E. Turn left into the Overlake Hospital campus. Park in the North Garage and proceed to the Overlake Medical Tower.

### Northbound

Exit I-405 at N.E. 4th St. Turn right on N.E. 4th St. and turn left on 116th Ave. Turn left into the Overlake Hospital campus. Park in the North Garage and proceed to the Overlake Medical Tower.

### WIS in Issaquah

**Medical Center of Issaquah**  
450 N.W. Gilman Blvd.  
Suite 105  
Issaquah, WA 98027  
425.688.0100



### Eastbound

Take the I-90 exit #17 and merge south onto Front St. Turn right on Gilman Blvd. Turn right into the Medical Center.

### Westbound

Take the I-90 exit #17. Turn left onto Front St. Turn right on Gilman Blvd. Turn right into the Medical Center.



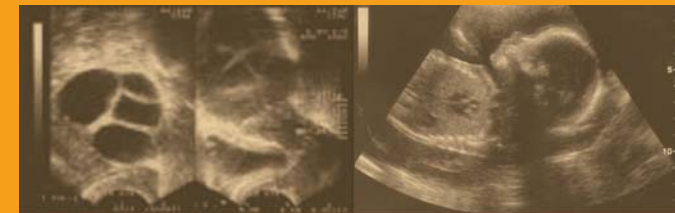
[www.washingtonimaging.com](http://www.washingtonimaging.com)

# ULTRASOUND

## IT STARTS WITH A QUESTION



## ULTRASOUND IMAGING



## IMAGING FOR ANSWERS

Because your doctor needs more information about your condition to guide your care, you have been referred to Washington Imaging Services for a diagnostic exam.

You are in good hands.

We make your comfort and safety the focus of our concern. A certified sonographer skilled in using today's advanced ultrasound equipment will efficiently and caringly capture the detailed anatomical images needed for accurate diagnosis and treatment planning.

Then, one of our board certified radiologists with subspecialty training will interpret your exam and promptly report the results—giving you and your doctor a clearer, more accurate picture of your health.

## THE NEED TO KNOW MORE

We understand that diagnostic tests and the reasons for having them may make you feel anxious. This brochure will help answer some of the most frequently asked questions about having an ultrasound exam.

If you need additional help or information, please call at **425.688.0100**.

You will also find detailed information on our website at [www.washingtonimaging.com](http://www.washingtonimaging.com).



WASHINGTON IMAGING SERVICES, LLC

**How is the exam performed?**

The sonographer will start by asking you some brief questions about your medical history and current symptoms. You will be asked to lie down on a padded table. A clear, warm gel is applied to the skin to improve contact. The sonographer then moves the transducer across the area to be imaged while watching a continuous image on a computer screen. You won't feel any pain during the procedure, but you may feel some mild discomfort.

**What should I wear?**

Wear comfortable, loose fitting clothing. For some exams, you may be asked to change into a hospital gown. Please leave all your valuables at home.

**When should I arrive and how long will the exam take?**

Please arrive 15 minutes before your appointment time to register. For a nuchal translucency screening, please arrive 30 minutes in advance. Be sure to bring your insurance information. Completing the patient forms in advance (found on our website) will save time. Ultrasound exams generally take from 30 to 60 minutes. However, this may vary depending on the type and purpose of the examination.

**How should I prepare for my ultrasound?**

Follow the instructions given to you when scheduling your exam. While many ultrasounds require no advanced preparation, there are some that do. Here are some of the most common exams and preparations.

**Abdominal US**—Assesses the gallbladder, liver, spleen, pancreas and kidneys.

**Preparation:** For morning appointments, do not eat food or drink liquids after midnight the night before your exam. For noon or later appointments, do not eat food or drink liquids 6 hours prior to your exam. Take medications as usual. Do not smoke or chew gum prior to your exam as they can increase stomach gas.

**Fetal or Obstetric US**—Evaluates the size and age of a fetus and assesses its growth, development and well-being during pregnancy. Fetal US can be used to detect some, but not all, fetal abnormalities.

**Preparation:** Drink three 8 oz. glasses of non-carbonated fluids 1 hour prior to your exam. DO NOT EMPTY YOUR BLADDER. It must be full in order to better image the anatomy of your baby.

**Nuchal Translucency Screening US**—Assesses the risk for Down syndrome (DS) and other chromosomal abnormalities in a fetus during pregnancy. Test performed at a fetal age of 11-13 weeks by a sonographer certified by the Fetal Medicine Foundation.

**Preparation:** Drink three 8 oz. glasses of non-carbonated fluids 1 hour prior to your exam. DO NOT EMPTY YOUR BLADDER. It must be full in order to better image the anatomy of your baby.

**Pelvic or Transvaginal US**—Evaluates the uterus, ovaries and their surrounding anatomy. A pelvic ultrasound may require that a specially designed transducer be gently inserted into the vagina.

**Preparation:** Drink three 8 oz. glasses of non-carbonated fluids 1 hour prior to your exam. DO NOT EMPTY YOUR BLADDER. It must be full in order to better image the uterus and ovaries.

**Renal Artery US**—Evaluates blood flow to the kidneys through the renal artery.

**Preparation:** All scans are performed in the morning. Do not eat food or drink liquids after midnight the night before your exam. Take medications as usual. Do not smoke or chew gum prior to your exam as they can increase stomach gas.

**Scrotal US**—Evaluates abnormalities of the testicles and surrounding tissues.

**Preparation:** No special preparation is needed.

**Sonohysterogram US**—Evaluates the inside of the uterus (the endometrial cavity). It can be used to look for polyps and fibroids. This procedure involves a speculum exam and placing a small amount of sterile water into the uterus while scanning with a transvaginal ultrasound probe.

**Preparation:** Drink three 8 oz. glasses of non-carbonated fluids 1 hour prior to your exam. DO NOT EMPTY YOUR BLADDER. Exam should not be performed during or within 10 days of your menstrual cycle.

**Thyroid US**—Evaluates the size of the thyroid gland and looks for thyroid nodules.

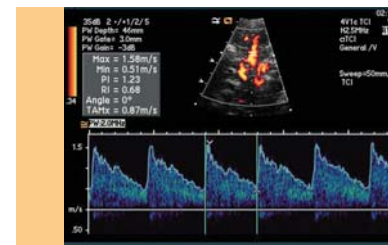
**Preparation:** No special preparation is needed.

**Vascular or Carotid/Deep Vein US**—Evaluates the body's circulatory system by monitoring the blood flow to organs and tissues throughout the body.

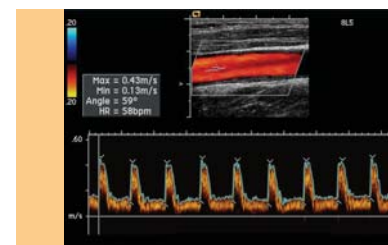
**Preparation:** No special preparation is needed.

**When will my results be available?**

A board certified radiologist will interpret your ultrasound and send your referring physician a written report and pictures detailing the findings of your exam within 24 hours. Your doctor will contact you to discuss the results.



Our leading-edge ultrasound equipment provides the precise information needed to assist your physician in making a diagnosis.



Your scan information is displayed on large, high resolution screens for comprehensive analysis by our board certified radiologists.

**Save Time—Complete Your Patient Forms in Advance**

For your convenience, the required patient forms are available on our website at [www.washingtonimaging.com](http://www.washingtonimaging.com). Under the Scheduling Information tab, click on Patient Forms. Print out and complete the Patient Registration and History forms and bring them with you to your appointment.

**You have an appointment scheduled for:**

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_ **AM** \_\_\_\_\_ **PM**

- Location:**
- Bellevue Suite 260**  
1135 116th Ave. N.E.  
Bellevue, WA
  - Issaquah Suite 105**  
450 N.W. Gilman Blvd.  
Issaquah, WA

**Please arrive 15 minutes prior to your exam to register. For a nuchal translucency screening, please arrive 30 minutes in advance.**

WIS sonographers are board certified with the American Registry of Diagnostic Medical Sonographers (ARDMS). Our lab is accredited by and meets the strict guidelines of the Intersocietal Commission for the Accreditation of Vascular Laboratories (ICAVL) and the American Institute of Ultrasound in Medicine (AIUM).

Professional radiology interpretations are provided by Overlake Imaging Associates, P.C., a separate entity. Cover photo of radiologist Diane Engelbrecht, MD.

Find out more about ultrasound by visiting our website at: [www.washingtonimaging.com](http://www.washingtonimaging.com)