

WHAT SHOULD I EXPECT AT MY OB/GYN ULTRASOUND?

The sonographer (ultrasound technician) will bring you into the room and review some relevant information. You may be asked some questions including:

- Why your provider sent you for the ultrasound and/or what symptoms you might be having (pain, bleeding, pressure)
- Whether you have had any other imaging (ultrasound, CT scan, MRI) for the same reason
- Your menstrual cycle history
- Your obstetric history such as number of pregnancies and complications
- Your gynecological history such as endometriosis, fibroids, ovarian cysts, cancer history, menopause/perimenopause transition
- Your surgical history

WHAT HAPPENS DURING AN OB/GYN ULTRASOUND?

Ob/Gyn ultrasounds usually consist of two examinations: a transabdominal ultrasound performed over the skin of your lower belly, and a transvaginal ultrasound performed with a probe placed in the vagina. Sometimes a transabdominal ultrasound will be performed without a transvaginal ultrasound.

Transabdominal ultrasound

You will be asked to lie on your back and to pull your clothing/underwear down slightly to expose the skin between your hips and belly button. The sonographer will drape a cloth over your hips and upper legs, and take some images.



Transvaginal ultrasound

If your provider also ordered a transvaginal ultrasound, you will then be asked to remove clothing below your waist, and to empty your bladder; the sonographer will step out of the room and give you privacy to change and a sheet to cover your lower body.

We understand that transvaginal ultrasound can be uncomfortable and may cause anxiety. If you think you may have difficulty with the transvaginal ultrasound, please let the sonographer know so you can discuss how best to proceed. We are focused on your safety, comfort, and privacy at all times. The sonographer will let you know what to expect before each part of the exam, and a chaperone will be present for the entirety of the transvaginal ultrasound.

For the transvaginal ultrasound, you will be positioned as you are for a pelvic examination/Pap smear. You will be asked to lie on your back on an exam table with your knees bent and your feet placed in supports (stirrups) on the corners of the table. Your legs will be covered with a sheet, and you will be asked to slide your body toward the end of the table and let your knees fall open.

The transvaginal ultrasound probe will be covered in a soft plastic sleeve and will have lubricant on it to make placement more comfortable. The sonographer or physician may touch your labia as they prepare to insert the probe into your vagina or they may insert it into your vagina directly with gentle pressure; you may also insert the probe yourself if that is your preference. Once inserted, the sonographer or physician will gently move the probe within your pelvis to be able to see the pelvic organs (uterus, cervix, and ovaries) and nearby structures (bladder and blood vessels).

WHAT HAPPENS AFTER THE ULTRASOUND?

Once the sonographer has obtained the images needed, they will leave the room so that you can get dressed. Your sonographer will come back when you are fully clothed and ready, and will direct you to the exit.

In some cases, the sonographer may briefly leave the room to review the case with a doctor before instructing you to get dressed. Sometimes the doctor reading the ultrasound may ask the sonographer to take additional images (either transabdominal and/or transvaginal) before having you get dressed.

WHEN DO I FIND OUT THE RESULTS OF THE ULTRASOUND?

The physician reading the ultrasound will review the documentation and images within one business day and send results to your provider. You should expect to receive results directly from your provider. If you have access to your results on the MyChart patient portal, you will also be able to see them there.

CAN I STOP THE ULTRASOUND IF I FEEL UNCOMFORTABLE?

Of course. It is perfectly in your right to ask to stop the ultrasound if you feel uncomfortable.