

# What is an ultrasound?



## What is an ultrasound?

An ultrasound takes special pictures of inside your body.



## Who is a sonographer?

A sonographer is a person who will be doing your ultrasound.



## Will it hurt?

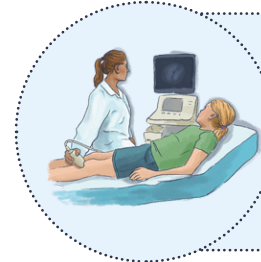
The ultrasound scan should not hurt and it can be stopped at any time.



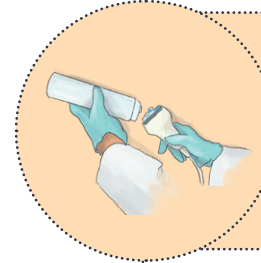
## What happens after?

A report of your scan will be sent to your doctor to look at.

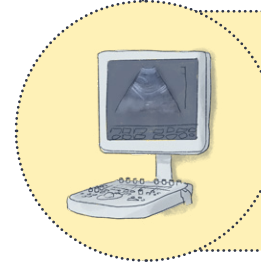
# Step by step



You will be asked to **lie down** on the hospital bed.



The sonographer will put some **gel** on your skin. They will move the **probe over the area of your body being scanned**.



A picture of inside your body will be shown on a **computer screen**.



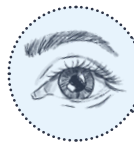
When the ultrasound is finished, you can get up and get dressed and **go home or back to the ward**.

# Coping with your worries

Don't worry if you feel scared or worried before your ultrasound – **it is quite normal.**



If you need help with your worries look around and try to find...



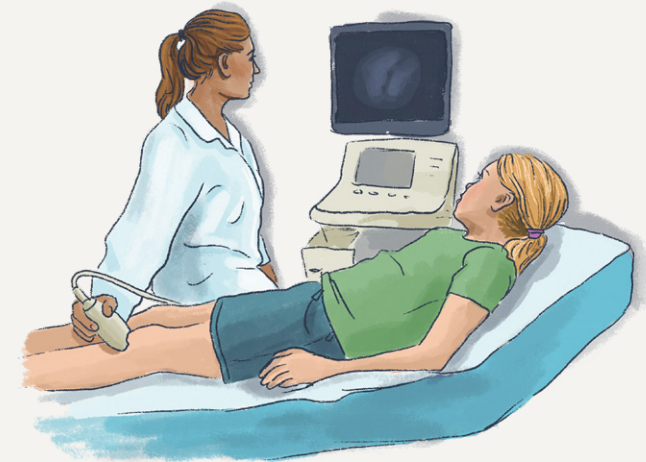
**4 things** you can see

**3 things** you can touch



**2 things** you can hear

**1 thing** you can smell



For further support and information about your procedure

Please scan this QR code and it will take you to the Paediatric Psychology website.



ABUHB Paediatric Psychology Service

**Contact:**

[ABB.PaediatricPsychology@wales.nhs.uk](mailto:ABB.PaediatricPsychology@wales.nhs.uk)