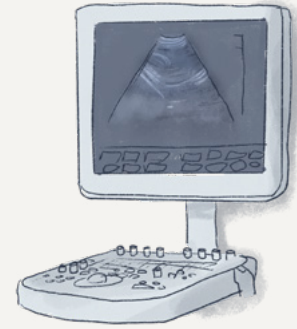


Procedural Anxiety

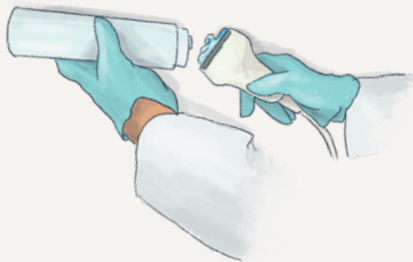
Ultrasound Scan



What is an Ultrasound?

An ultrasound scan uses sound waves to take pictures of inside your body.

The sound waves are of a much higher frequency than normal so you cannot hear them. A jelly is used to help the sound waves create a picture of inside your body which will show on the computer.



Why do I need it?

Your doctor has asked for the ultrasound scan to be completed. The scan will take pictures of inside your body. This will help the doctor to know how to help you.

Are there any risks?

There are no risks, but the jelly will feel cold. Ultrasound scans use only sound waves to create the pictures.

How long will it take?

Most scans usually take between 15-30 minutes, but this can vary.



What happens after?

The person who completes your scan will send a report to your doctor for them to look at.

Glossary

Some of these medical terms can sound a bit strange!

Jelly –

This is a squishy, jelly-like substance put on your body for the scan.

Probe –

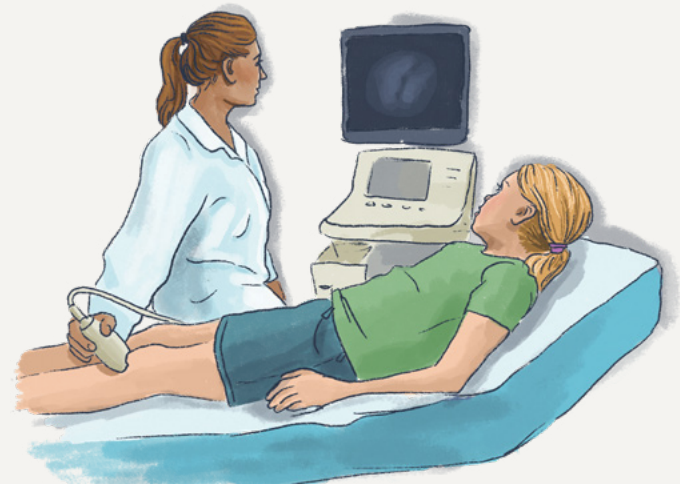
This is a piece of equipment used to scan the body.

Sonographer –

This is somebody who performs the scan for you. They will be able to answer any questions you may have.

Sound waves –

These are special types of waves which travel inside your body to create a picture of what it looks like.



Step by Step

- When you receive your appointment letter, you may be asked to have an empty stomach, or a full bladder before your scan.

This means you shouldn't eat, and may have to drink lots of water.



- When you arrive, you will meet the sonographer, and you will lie down on the hospital bed.
- Your parent/carer will be allowed to sit with you when you are having your scan.
- They will put some jelly on your skin, this may tickle a little and feel quite cold.
- They will move the probe over the area of your body being scanned.

The probe uses sound waves to form a picture of the inside of your body. This will be shown on a computer screen.

- When enough pictures have been taken, they will wipe off the jelly.



- You can get off the bed and go home or back to the ward.



For further support and information about your procedure

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



Coping with nervous feelings

It is important to remember that it is normal to feel scared or nervous before an ultrasound scan.

Here are some ways to distract yourself:

- Read a book
- Play a game
- Listen to music
- Talk to someone
- Imagine being somewhere nice



If you are really worried you can contact the radiology department who can discuss the scan before your appointment.

They will be able to help you manage your nervous feelings and they will support you through your scan.

Here are some apps with helpful free content -



It can also be helpful to use strategies to help shift your attention outside of your body – you could try this exercise!

Try and name...



4 things you can see



3 things you can touch



2 things you can hear



1 good thing about you

ABUHB Paediatric Psychology Service

Contact:

ABB.PaediatricPsychology@wales.nhs.uk



Bwrdd Iechyd Prifysgol Aneurin Bevan University Health Board