



ABDOMINAL ULTRASOUND/SONOGRAM INSTRUCTIONS

What is an Ultrasound/Sonogram?

A sonogram is also called an ultrasound. It is a painless procedure that uses sound waves to create pictures of the body. An abdominal sonogram is a study of the liver, gallbladder, spleen, pancreas, kidneys and bladder. A gallbladder ultrasound is a study of the gallbladder only.

If your child is ill (fever, cough, flu, etc.), please call Radiology scheduling:

Dallas 214-559-8572

Frisco 469-515-7190

What happens during an abdominal ultrasound?

1. A certified child life specialist may be available to help prepare, distract and support your child. Child life specialists help ease fears and anxieties that some children have during their hospital visits.
2. Your child will lie on a soft table.
3. The sonographer, a registered specialist performing the sonogram, will put a warm gel on your child's skin. He or she will use a transducer (wand) to view pictures of the body.
4. These pictures are visible on the ultrasound monitor.
5. This procedure will take about 45 to 60 minutes.

Is there preparation for an abdominal ultrasound?

- If you have any concerns about your child holding still during this exam, please call the Radiology nurse at 214-559-7450. The nurse will help you determine if your child needs a mild sedation or general anesthesia.
- If so, the Radiology nurse will schedule your child's ultrasound exam and will follow up with instructions one to two days before to the sedation and exam.
- **Please refer to the following recommendations:**
 - **Newborns to 12 months:** Stop all milk and solid food four (4) hours before the procedure. Give your baby all scheduled medicines at the regular times unless told differently by your child's doctor or the Radiology department.
 - **13 months to 35 months:** Stop all milk and solid food six (6) hours before the procedure. Give your toddler all scheduled medicines at the regular times unless told otherwise by your child's doctor or the Radiology department.
 - **36 months to 18 years:** No milk, drinks, or solid food for eight (8) hours before the scheduled procedure. Give your child all scheduled medicines at the regular times unless told differently by your child's doctor or the Radiology department.

If you need to cancel or reschedule your child's appointment or have any questions or concerns about this procedure, please call:

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Frisco 469-515-7190