



RENAL ULTRASOUND/SONOGRAM INSTRUCTIONS

What is an Ultrasound/Sonogram?

A sonogram can also be called an ultrasound. It is a painless exam that uses sound waves to create pictures of the body. A renal ultrasound is a study of the kidneys and the bladder.

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

Dallas 214-559-8572

Frisco 469-515-7190

What happens during a renal 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 ultrasonographer or registered technologist performing the ultrasound, will put a warm gel on your child's skin.
4. He or she will use a transducer (wand) to image the body.
5. These images are visible on the ultrasound monitor.
6. This exam will take about 30 to 45 minutes.

Is there preparation for a renal ultrasound?

- Your child may eat and drink as usual before the ultrasound.
- Give all medicine at the regular time unless otherwise directed by a Radiology nurse.
- The bladder must be somewhat full for the ultrasonographer to obtain the best images, so it is important for your child to have some liquid in the bladder during the exam.
- Your child should drink liquid one hour before his exam and try not to go to the bathroom or cath before the exam.
- Please refer to the following recommendations for liquid intake:
 - **Babies and Toddlers:** Give four to eight ounces of water, milk or juice one hour before the sonogram. After your child drinks, do not cath again until the sonogram is completed.
 - **Children ages 4 to 10:** Give one to two glasses of water, milk or juice (8 to 16 oz.) one hour before the sonogram. After your child drinks, do not allow him or her to go to the bathroom, if possible. Do not cath again until the sonogram is completed.
 - **Children ages 11 to 18:** Give three to four glasses of water, milk or juice (24 to 36 oz.) one hour before the sonogram. After your child drinks, do not allow him or her to go to the bathroom, if possible. Do not cath again until the sonogram is completed.

If you have any questions or need to cancel or change your appointment, call Radiology scheduling:

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