

Time for pictures!

You're going to get an **ultrasound**.
Here's what that's all about.



What is an ultrasound?

An ultrasound takes pictures of the inside of your body. The ultrasound machine looks like a big computer on wheels. A wand, called a “transducer,” is used to take the pictures. The wand will have warm lotion on it and will touch and slide over your skin where the picture needs to be taken. A person who is called a “sonographer” will take the pictures. The wand will not hurt.



Arriving at the hospital

You'll first check in at the registration desk in the hospital's main lobby. You and your caregiver will get a bracelet to wear that has your name and birthday on it.



Where you'll wait

After registration, you and your caregiver will go to the radiology waiting room and check in with a receptionist at the front desk. When it's time for your pictures, an ultrasound sonographer will come to the waiting room and call your name.



Let's check out the ultrasound room

Once you're in the ultrasound room, you'll lie down on the bed. Your caregiver can lie with you if you want. The sonographer will turn the lights out so the pictures will show up better on the computer screen. Next, the sonographer will put warm lotion on the wand.



Getting your ultrasound pictures

The ultrasound doesn't hurt. You may feel a little pressure or pushing over the part of your body that is getting the pictures. The lotion may feel warm and slippery.

The sonographer may ask you to lie in different positions depending on what body part they are taking pictures of. You may be asked to lie on your back, your right side, your left side or even your belly.

As the pictures show up on the screen, the sonographer will press buttons on the computer to take pictures to send to the doctor.



Staying still

Your job is to hold your body still during the ultrasound. Just like regular pictures, if you move the pictures will come out blurry. Can you practice holding your whole body as still as a statue?

Finishing up

When the sonographer is done taking pictures with the wand, he or she will wipe the lotion off with a washcloth or towel.



Our child life specialists are here to help

Child life specialists can help reduce a child's fear associated with the hospital environment. They do this through therapeutic play, developmentally appropriate medical preparation and coping support. They can help you and your family understand what to expect during an ultrasound.



Questions?

After reading this, you might have questions. Feel free to write them down (by yourself or with the help of your caregiver) and bring them with you to the hospital. We will make sure all your questions are answered before we start!



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GREAT JOB!

**That's the end of your ultrasound.
You're all done.**

