

Transvaginal (internal) Pelvic Ultrasound Information Sheet.

Patient Information: You have been advised to have a transvaginal (internal) ultrasound scan to help find the cause of your problems. This leaflet has been designed to explain what is involved. It may not answer all your questions, so if you have any queries, Dr Ponnampalam who will be performing the scan; will help and advise you.

What is an Ultrasound examination? Ultrasound is an image technique which use high frequency sound waves to obtain pictures of the inside of the body without the use of X-rays. It is safe and generally a painless procedure.

Why have I been booked for a Transvaginal (internal) Ultrasound Scan? The transvaginal (internal) ultrasound scan does not require a full bladder. This type of scan is used to help provide clearer images of the womb, ovaries and surrounding structures. This form of scan helps with better understanding of the female reproductive system.

How to prepare for the scan? You do not need a full bladder for this scan so you will need to empty your bladder completely prior to the scan. If you are using a tampon, this will need to be removed before the scan. You will not be asked to have a vaginal ultrasound if you are unable to tolerate vaginal (internal) examinations or if you are not sexually active or are a virgin. You should continue to take any medications prescribed by your doctor. Please note that an internal scan can be performed at any time during a women's life – in pregnancy, during period or after menopause. If you have any concerns about this procedure, please discuss with Dr Ponnampalam who will be performing the examination.

How is the scan performed? For a transvaginal (internal) ultrasound scan, once you have emptied your bladder, we will ask you to undress completely from the waist, down and cover your waist with the sheet provided. If you are wearing a skirt/dress, you may prefer to just remove your underwear. You will be asked to lie on your back on the ultrasound couch and position yourself in a way that allows the scan to be performed easily. This will involve raising your knees and placing your legs in the stirrups. A specially designed ultrasound probe is used for this procedure. It will be covered with a protective sheath and lubricant gel, then gently inserted into your vagina. The ultrasound probe will need to be moved in different positions to visualise the uterus and ovaries clearly.

Who will scan me? Dr Ponnampalam is specially trained in ultrasound techniques and performs pelvic ultrasound examinations.

How long will the scan take? Your scan appointment is usually booked for 15 minutes. Although every attempt is made to scan patients on time, delays may occur due to unforeseen circumstances.

Fees: All ultrasounds performed by Dr Myran Ponnampalam will have a \$40 fee applied to your consultation. If you have Medicare, this fee will be rebatable. The total rebate you will receive is \$32.20 (out of pocket \$7.80).