



# Renal and Bladder Ultrasound and KUB

*Learn how these tests are done and how to prepare for them*

A renal ultrasound is a study of the renal system (the **Kidneys, Ureters and Bladder**) using waves. A **KUB** is an X-ray of your abdomen and pelvis where your renal system is located. It's done along with the ultrasound to give a more complete picture of your urinary tract.

## Reasons Why These Tests Are Performed

- To look for changes in the bladder wall
- To look for changes in the kidney size or structure
- To look for stones in the urinary tract
- To evaluate reasons why you have recurrent kidney infections

## How is it done?

A special ultrasound jelly will be put on your abdomen and kidney areas. The jelly is a little cold, but that should be your only discomfort. Then an ultrasound probe will be moved over your skin on the abdomen and kidney areas.

The probe puts out sound waves, and the machine will take pictures of the sound waves bouncing off your kidneys, ureters and bladder.

**You will not receive any injections for any of these tests.**

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. The UWMC Clinic staff is also available to help at any time.

Rehab Medicine Clinic:  
206-598-4295

Rehabilitation Unit:  
206-598-4800

## How to Prepare for the Study

- You must have a full bladder for the test.
- Do not empty or catheterize your bladder.
- Avoid carbonated drinks such as sodas and seltzer.

If you tend to get **autonomic dysreflexia** take care not to let your bladder fill to the point of symptoms, even if it means you must insert a catheter before you leave home. Symptoms of autonomic dysreflexia include sudden high blood pressure, severe headache and sweating.

## Risks

There are no risks to you from the ultrasound test. You will get a minimum exposure with one X-ray of your abdomen when the KUB is done.

**Be sure to tell your health care provider if you are, or think you might be pregnant.**

## HMO Approval and Payment

These tests need to be ordered by your Primary Health Care Provider and pre-scheduled with the hospital or clinic.

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