

Abdominal Ultrasound

This handout explains how to prepare and what to expect during an abdominal (belly) ultrasound, including:

- *Abdomen limited or complete*
- *Abdomen doppler ultrasound*
- *Abdomen with contrast*
- *Elastography*
- *Fat quantification*

How to Prepare for Your Exam

- Do **not** eat any food for **6 hours before your ultrasound**.
- You may drink **clear liquids** (like water) before your exam.
- Please allow 45 minutes for your exam.
- You will need to move your shirt so we can see your abdomen.
- If your exam uses *contrast* (a special dye that helps us see your organs more clearly), a nurse will place a small IV in your arm.



Ultrasound exam of the abdomen.

What is an abdominal ultrasound?

Ultrasound exams use sound waves to create images of the inside of the body. An *abdominal ultrasound* looks at the organs in your upper abdomen. A *liver doppler ultrasound* looks at the specific organ and the blood flow going to the liver.

A *sonographer* (ultrasound technologist) uses a handheld *transducer* that will take pictures. This device sends and receives sound waves to make a picture.

What will happen during my exam?

The sonographer will put gel on your skin on your abdomen. They will use light pressure and move the transducer around to get the pictures. They may ask you to hold your breath at times.

How do I get my results?

A *radiologist* (imaging doctor) will review all the pictures and send a report to the doctor who ordered this exam and to your MyChart.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

