

Thyroid or Head and Neck Ultrasound

This handout explains how to prepare and what to expect during a thyroid, head, or neck ultrasound exam.

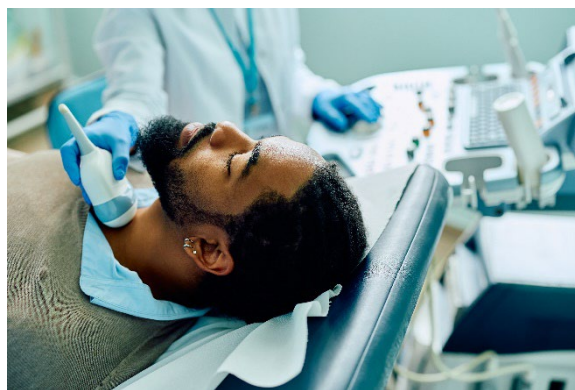
How to prepare for the exam:

- You do not need to do anything to prepare for your exam.
- Please allow 45 minutes for your exam.
- You will need to take off any clothing or jewelry that makes it hard to reach your neck.

What is a Thyroid Ultrasound or Head and Neck Ultrasound?

Ultrasound exams use sound waves to create images of the inside of the body. A *thyroid ultrasound* looks at your neck to check your thyroid. A *head and neck ultrasound* looks at the neck tissues or a specific area on the head.

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



Ultrasound exam of the thyroid.

What will happen during my exam?

The sonographer will put gel on the skin of your neck. They will use light pressure and move the transducer around to get the pictures. We 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.

