

# Ultrasound: Prostate Exam

## *How to prepare and what to expect*

*This handout explains how to prepare for an ultrasound exam of the prostate gland. It includes how the exam works, what happens during the exam, and how to get your results.*



*Scan with your phone camera for a digital copy of this handout.*

## What is a prostate ultrasound?

*Ultrasound* exams use sound waves to create images of the inside of the body. An ultrasound of the prostate checks the health of your prostate gland and *seminal vesicles* (glands that produce the fluid that helps semen move through the urethra). Ultrasound can also show prostate size, calcium deposits, the flow of blood within your prostate, and any blockages or swelling.

## How does the exam work?

A *sonographer* (ultrasound technologist) will use a hand-held device that sends and receives sound waves. This device is called a *transducer*.

The sonographer will gently place the transducer a short distance into your rectum. As the sound waves bounce off your body's fluids and tissues, images of your prostate and related structures are created. These images will appear on a computer monitor for your radiologist to see.

## How should I prepare?

You do not need to prepare in any special way for this exam.

## How is the exam done?

- You will be asked to remove your clothing from the waist down. You will be given a sheet to cover yourself.
- You will lie on your left side on an exam table.
- The sonographer will then insert a small prostate transducer into your rectum and gently move it around to take the images.
- If needed, the radiologist may take more pictures after the sonographer is done.



*Talk with your urologist if you have any questions about your prostate health or exam.*

## What will I feel during the exam?

- There is little or no discomfort with ultrasound exams.
- You will feel the transducer slowly move a short distance into your rectum.
- The exam usually takes less than 20 minutes.

## Who interprets the results and how do I get them?

A radiologist who specializes in ultrasound will review the images and send a report to your referring provider. You will receive your results from the provider who ordered the test. The radiologist may also talk with you about early findings when your exam is over.

You may also read your results on your MyChart Results page. If you need copies of your images on disc, call 206.598.6206.

You and your provider will decide the next step, such as treatment for a problem, if needed.

### Questions?

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

**UWMC Imaging Services:**  
206.598.6200

**Harborview Imaging Services:** 206.744.3105