

## **Kidney & Bladder**

Kidney bladder ultrasound, also known as retroperitoneal ultrasound, is a safe and fast imaging procedure used to look at the soft tissue within your retroperitoneum. These images can be used to help determine the causes of symptoms you may be experiencing as well as additional testing that may further help in your diagnosis and treatment.

### **How to prepare:**

- You may consume snacks and small meals in the time leading up to your exam.
- Depending on the reason for your exam you may be instructed to fill your bladder.
  - o If instructed to fill your bladder you will need to drink 32 ounces of water within the 2 hours prior to your exam.
- Medication can be taken with non-carbonated water.
  - o If you are diabetic or have other medical conditions that may impact your ability to comply with the above instructions, please speak with your medical provider or the imaging facility directly.

### **What to expect during your exam:**

There is no radiation associated with ultrasound and the exam is normally painless.

- You will be asked to adjust your clothing so it does not impede the exam.
- The technologist will instruct you how to position yourself on the exam table.
- Ultrasound gel will be placed on your skin in the area set to be examined.
- A wand, also referred to as a probe or transducer, will be moved along the skin. This wand emits the ultrasound wave that will help generate the images.
- During the procedure the technologist may ask that you hold your breath. This is done to help stabilize the internal organs as well as move certain structures. Ultimately this will help improve the quality of the images.

While the ultrasound procedure itself causes no pain, having to lie still for the length of the procedure may cause slight discomfort, and the clear gel will feel cool and wet. The technologist will use all possible comfort measures and complete the procedure as quickly as possible to minimize any discomfort.

There are no special care instructions for after an ultrasound. You may resume your usual diet and activities unless your doctor advises you differently. Your doctor may give you additional or alternate instructions after the procedure, depending on your particular situation.

Depending on your specific exam and how it was ordered by your physician a final radiology report will be available within the 72 hours following your appointment.

Questions, concerns, or comments about your radiology experience may be directed to

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