

Instructions:

- Full bladder** - Finish drinking 500mL – 1L of water 1hr prior to the exam
- Arrive 10 minutes prior to appointment time
- Present health card upon arrival
- Do not wear scented products in our clinic
- Make childcare arrangements when attending this appointment (children are not permitted in the clinical areas for safety reasons)
- No Show Fee:** ‘No Show’ fee will be applied, unless appointment is cancelled two business days prior to test.

Purpose of the Test

This test can determine if you have ovarian cysts or uterine fibroids. The sonographer will measure the lining of the uterus and the size of the uterus and ovaries. The number of follicles on your ovaries will also be counted.

Explanation

Your physician has asked that you undergo a procedure known as a Baseline Gynecological Ultrasound. This ultrasound will be used for comparison with any future ultrasounds. It will tell your doctor the orientation of your uterus and if there are any visible fibroids. The endometrial thickness (the lining of the uterus) will be measured and the ovaries will be looked at. Any cysts or follicles will also be recorded.

The test is conducted by a sonographer. She is not the one to interpret the ultrasound and as such will not give you information about the results. A doctor will read the images and interpret the results of the test. Your doctor will discuss the results at your follow up appointment.

You are required to **fill your bladder for this ultrasound**. It is important that you finish **drinking 500mL – 1L of fluid one hour prior to the ultrasound**. You will have the ultrasound probe placed on your abdomen for the first part of the ultrasound.

Once this part of the ultrasound is finished you will be asked to empty your bladder and then return to the ultrasound room for the vaginal portion of the ultrasound. The sonographer will gently place a small vaginal ultrasound transducer in your vagina and then look at your pelvic organs (uterus and ovaries) with the vaginal transducer.

After the test is performed, the results will be sent to your physician. He or she will be able to describe the results of the test at your next visit.

