

# Let us Take care of your self and the miracle inside you...



## Pelvic ultrasound

Pelvic ultrasound is usually performed to assess the pelvic structures in patients with various gynaecological complaints such as heavy or painful periods, bleeding between periods, pelvic pain, painful intercourse, difficulty getting pregnant, suspected ectopic pregnancy, bleeding after menopause, risk of cancer etc. It is also useful when a Gynaecologist or the GP suspects on clinical examination that the woman may have a mass in the pelvis.

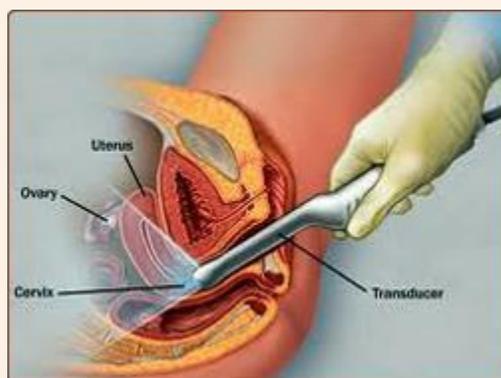
### What is involved in performing pelvic ultrasound?

There are two parts to a full pelvic ultrasound examination:

- Initial transabdominal examination of pelvic structure using a probe on the abdomen with full bladder as a window providing a general overview of pelvic structures. The details of each structure are very limited.
- A transvaginal examination using a thin vaginal probe that allows the sonographer or doctor to obtain significantly more detailed and more accurate medical information of pelvic structures.

It is the standard practice to do transvaginal ultrasound routinely as part of pelvic ultrasound with the exception of when you have never had vaginal intercourse or you feel you do not feel comfortable with such an examination.

### What is involved in having a transvaginal examination?



After emptying the bladder completely, you will be asked to lie on your back with your knees bent and completely covered with a sheet. A sterile lubricated vaginal probe will be introduced gently into the vagina much like using a tampon. Most women find the examination less uncomfortable than having a PAP smear examination done. The examination is generally brief in duration.

### **What is the best time to have pelvic ultrasound?**

There are few general guidelines for timing the pelvic scans.

- If you are regularly menstruating, day 5-11 is considered to be the most ideal time, counting first day of periods as Day1.
- If you are bleeding continuously, the timing of the scan is irrelevant
- If you are on hormone replacement therapy you do not have to stop them prior to having the examination
- Transvaginal scan may be performed during menstrual bleeding

Please contact us if you are not sure when to come for your ultrasound.