



What to Expect At Your Ultrasound Appointment

MANDATORY. MUST READ!!

Standard Pelvic Ultrasound

A standard ultrasound uses sound waves to look at the uterus and other pelvic organs. This basic ultrasound is typically performed for pelvic pain or as follow up for ovarian cysts and IUD checks. In our ultrasound suite, you will lie on the table and place your heels in the stirrups much like an annual gynecology exam. A thin ultrasound probe will be inserted into the vagina and used to visualize organs. If additional imaging is needed based on your findings of this test, a saline ultrasound or endometrial(uterine) **biopsy** may be performed.

Saline Pelvic Ultrasound

A saline ultrasound is an ultrasound that goes one step further by using sterile water to expand the uterine cavity to get better visualization of the uterus. This will be recommended if fibroids, polyps or changes in your uterine lining are suspected or anyone with bleeding issues. Much like an annual gynecology exam, a speculum will be inserted into your vagina and a thin catheter (tube) will then be inserted through your cervical canal into your uterus. A small amount of sterile saline will then be infused through the catheter into your uterus. The saline helps expand your uterine cavity to give better visualization. You may experience mild to moderate uterine cramping (much like menstrual cramping). You can help prevent this by taking up to 800mg ibuprofen 30-60 minutes before your appointment time (or some other over the counter pain medication if you are unable to take ibuprofen).

Endometrial(Uterine) Biopsy

Occasionally, depending on ultrasound findings, symptoms, or if you are considering an ablation, hysterectomy or having bleeding issues, a **biopsy** of the lining of your uterus will be taken (endometrial **biopsy**). You can expect moderate cramping during the **biopsy**, but typically quickly resolves upon completion of the procedure. Some women do have mild to moderate cramping throughout the day after having this done. Taking ibuprofen every 6-8 hours can help alleviate this discomfort. If a biopsy is done, we will contact you with these results 7-10 business days after your appointment.

Also due to the limited availability of ultrasound times, we will not be able to address other concerns(i.e. extensive lab testing, hormones, concern,etc.) with you at this visit.

Cost

Our insurance department will call your insurance company before your appointment and notify you of your expected cost of the ultrasound. Please remember that this is an estimate and you are ultimately responsible for knowing and understanding your insurance benefits. Ultrasounds will typically go towards deductibles meaning that if you have not met your deductible for the year, you will likely be responsible for the entire cost of the ultrasound. On average, ultrasounds cost between \$250- \$1000 (please remember this varies greatly depending on specific ultrasound type, biopsy and insurance contracts/plans).

Discomfort

You may experience some mild to moderate cramping (very similar to menstrual cramping). You can help prevent this by taking up to 800mg ibuprofen 30-60 minutes before your appointment time (or some other over the counter pain medication if you are unable to take ibuprofen). Pronox(laughing gas) can be added on to your appointment for an additional, out of pocket cost (will not be covered through insurance). If you would like Pronox added to your appointment, please let your scheduler know at the time of booking to allow for coordination. Payment for this will be due on the day of your appointment.

Due to the demand for appointment slots and availability we do strictly enforce our cancellation policy with ultrasound appointments. **There will be a no show fee for missed appointments or for cancelling within 24 hours of your scheduled appointment.**