

# OB / Prenatal Ultrasound

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## *What You Need to Know and Do*

Ultrasound creates detailed images of the inside of your body using sound waves.

It is a common prenatal procedure used to confirm your due date or evaluate your baby's health.

The ultrasound may be done by using a transducer (probe) on your stomach, or it may be inserted into your vagina.

### What should I do before my appointment?

You may be asked to drink several glasses of water, or other clear liquids, starting 1 to 2 hours before your test in order to have a full bladder for the test.

If you are having a vaginal ultrasound, you may be asked to empty your bladder before the procedure.

Tell your sonographer about any medicines you take and if you have had pelvic surgery.

### When should I arrive for my appointment?

You will need to arrive at least 30 minutes before your appointment time to check in and complete paperwork.

### What happens during my ultrasound?

#### **Prenatal ultrasound of the stomach**

You will lie on an exam table. A layer of ultrasound gel is applied to your stomach.

A transducer (probe) is moved over your stomach. The procedure is painless.

It usually takes less than 30 minutes.

#### **Vaginal prenatal ultrasound**

You may be asked to change into a hospital gown.

You will lie on an exam table with your knees raised, as you would for a pelvic exam.

A thin hand-held probe is used. The probe has a sterile cover and an ultrasound gel is used. It is inserted into your vagina.

You may feel pressure, but you should have little discomfort during the test.

It usually takes less than 30 minutes.

### What happens after my test?

You can usually return to your normal activities and diet right away.