Gynaecological Ultrasound

A Gynaecological or pelvic ultrasound has been requested by your Doctor to help them find out what is wrong. This examination takes two forms, transabdominal and transvaginal scans. Sometimes, both kinds are needed to give your Doctors all the information they need.

What is an Ultrasound Scan?

This is a simple examination, which uses sound waves to build up a picture of your body on a television screen.

Are there any risks?

Ultrasound has been in regular use for many years and is considered safe. However, as a medical examination, it will only be performed with good medical reason and by staff with the appropriate qualifications and experience.

What do I need to do?

In order to give a successful result you will need to attend with a full bladder. This means you need to drink one and a half pints of water one hour before your appointment. This is to allow time for the water to be absorbed and to fill your bladder.

How long will it take?

The examination usually takes between 15-30 minutes to complete. This depends upon the type of scan needed.

Can I still have the examination during my period?

Both examinations may be performed during your period (menstruation). It will not affect the outcome of the examination and all of our staff will be happy to scan you at this time. Some patients may not wish to have a transvaginal examination whilst menstruating. If this is the case then please discuss this with the Sonographer at the time of the examination. If you would prefer to attend at another time we can arrange this.

During the scan.

You may be asked to change into a gown by a member of staff.

On entering the ultrasound room, the Sonographer performing the scan will introduce him or herself and ask you to lie on a couch.

A special gel will be placed onto your lower abdomen and a small transducer is then guided over the skin to obtain a picture. The examination is usually painless, however you may feel some pressure as the transducer is applied to get a better view.

What is transvaginal ultrasound?

This is an internal examination (similar to an internal examination that your doctor may perform). It works in the same way as a pelvic scan through your skin. You will be asked to empty your bladder.

You will need to undress below the waist. A sheet will be provided to cover you during the
examination. We will maintain your privacy and dignity at all times.

In line with the Royal College of Radiologists Recommendations, a Chaperone will be offered, along with the person performing the scan.

A very slim ultrasound transducer (covered with a condom for hygiene reasons) will be lubricated with gel and gently inserted into the lower part of your vagina (birth canal). Most patients find this painless.

If you have an allergy to latex, please inform the Sonographer/Radiologist prior to the examination.

Why would I need a Transvaginal Ultrasound?

We may need to obtain a better view of your pelvic organs, or we may need to examine a part in greater detail. For example: to look at the actual lining of your uterus (womb).

Concerns

If you have never had an internal examination or smear test in the past, please inform the Sonographer. We will be happy to deal with any concerns or queries that you may have.

If you have never been sexually active, then please inform the Sonographer performing the scan, as this would be an inappropriate examination for you.

Can I bring a friend or relative with me?

You may bring a friend or relative if you wish. Please bear in mind that some examinations are of an intimate nature, and the Sonographer performing the scan may have to ask personal questions relating to your medical history.

Chaperones

Where examinations of an intimate nature are carried out you may choose to have a chaperone. Please speak with the Sonographer who will arrange for this.

What will happen to the results?

We aim to report examinations, as soon as possible. Results will be sent to the Doctor who referred you for the investigation, as they may need further review and therefore it could be approximately 20 days before you are contacted by your Doctor.

Children

In an attempt to prevent the spread of infection, the trust requests that only necessary members of the public visit the hospital. For this reason we ask you not to bring children if at all possible. We appreciate that at times this may be difficult. Therefore, you may wish to bring another adult with you to supervise them in the waiting area whilst your examination is performed.

Personal choices

As a teaching hospital, we often have Radiographers and medical staff undergoing training. If a student needs to be present, or to perform your scan, we will ask your permission. You have the right to refuse. This will not affect your care in any way.

We employ both male and female staff. If you have a preference we will do our best to comply with your wishes.

Valuables

Patients are encouraged to leave their valuables at home. It is the patient’s responsibility to ensure all valuables are on their person before leaving the Medical Imaging Department.

Cancelling your appointment

If you are unable to attend your appointment, we would be grateful if you could contact us on 01392 402336 selecting option one, as soon as possible. We can then offer your original appointment to another patient. A further date and time will then be arranged for you.
Please be advised that if you fail to attend your appointment, it may be necessary to remove you from the radiology waiting list.

If you require the use of a hoist, please let us know before your appointment, as we will need to make special arrangements for you.

Please note: If you have had D&V (diarrhoea and vomiting) you will need to contact us to rebook your appointment unless you have been clear for the past 48 hours.

Contact us
If you have any queries or concerns, please contact us on 01392 402336.

How to get to the Royal Devon & Exeter Hospital at Wonford

Park & Ride
Our Dartline PR3 Park & Ride bus is quick and not expensive.

It runs from Wonford Hospital to Digby. Digby is near Tesco, the railway station and junction 30 of the M5. There are signs along some of the main roads into Exeter pointing to the RD&E park and ride.

The park and ride service runs from Monday - Friday. There is no service at the weekend.

By bus
Stagecoach buses H Service run to Wonford Hospital from the high street in the city centre Monday to Saturday. Limited Sunday service. They also run to Wonford Hospital from the Broadfields area.

Stagecoach buses from Exmouth (57), Dawlish (2), Torbay (X46), Teignmouth (2) and Plymouth (X38) stop next to the hospital on Barrack Road.

First Southern National bus X53 from Weymouth, Seaton, Beer and Sidford stops next to the hospital on Barrack Road. Turner's Tours bus 369 from Chulmleigh, Lapford, Mochard Bishop and Crediton stops next to the hospital on Barrack Road and outside the main front entrance of the hospital.

By car
Follow signposts to the hospital from most of the main routes into Exeter. Follow signposts in the hospital grounds to our car parks.

Car parking is by pay & display, so please bring change.

The number of spaces is limited, so please leave plenty of time to find a space.

Using Sat Nav to find us?
Tap in postcode: EX2 5DW for RD&E Wonford

For more information on how to get to the hospital, please use the following website: www.rdehospital.nhs.uk/patients/where

For more information on the Medical Imaging Department, please visit our website: www.rdehospital.nhs.uk/patients/services/medical-imaging