

Ultrasound uses high frequency sound waves and their echoes to see what is going on inside your body. A probe sends the sound waves into the body and depending on the echoes received back 2D images are formed on a screen. The radiologist then interprets these images and makes a report. The scan is safe and painless.

DDI-DIC offers Doppler (vascular) imaging of upper, lower limbs and other regions. This is a special type of ultrasound that creates images of blood flow through vessels.

### **What to bring on the day of your appointment:**

Please bring your radiology request form, civil ID, and insurance card to the appointment. Also bring reports, CDs, films, etc. of any prior relevant studies (such as X-rays, MRI scans, CT scans) you may have undergone as these will be helpful in better assessing your condition.

### **Preparation:**

How to prepare for your exam depends on the type of exam you are having. At the time of your appointment, you will be given instructions specific to your test. Please follow them carefully in order to obtain a good study.

- Some expected guidelines for common ultrasound studies are as follows:
- **Abdomen:** You will be asked to fast for 4-6 hours. However, you may drink water or fruit juices. Avoid milk, dairy products and any other food containing fat, butter or oil before your test.
- If you have any specific problem with fasting, please mention it to the person booking your appointment.

- **Pelvis:** A full urinary bladder is required to evaluate the bladder and prostate in men and bladder, uterus, and ovaries in females. For this, you will have to drink about one liter of water and refrain from using the bathroom to ensure your bladder is full.
- In case of an *abdomen/pelvis* study, both sets of guidelines mentioned above will have to be followed.

*Note: For ultrasound of thyroid, testes/scrotum, Doppler ultrasound for neck, limbs, abdomen and vascular lab studies, no specific preparation is required.*

### **On the day of the appointment:**

- Please arrive at the Diagnostic Imaging Reception at least 30 minutes before your test. This allows plenty of time for the registration process including cashier stamp. Failing to attend within 15 minutes of the given appointment time will unfortunately lead to its cancellation.
- Parent or guardian of patient younger than 16 years of age must accompany the patient.
- You may be asked to remove jewelry and change into a gown before your exam. If you are having a vascular study of your limbs, wear loose fitting clothes to allow easy access to different parts of your limbs. It is advisable that you leave all valuables at home. You will lie down on an examination table for the test and depending on the area being examined you may be asked to change positions for better visualization of your internal structures. The doctor will apply gel to the area so the probe can glide easily over your skin without any air in between. During the test the doctor will look for specific markers and may take certain measurements.
- For upper and lower limb vascular studies, please inform the nurse or technician of any recent surgeries, mastectomies, presence of dialysis fistulas, bypass grafts, etc. In some studies, several cuffs will be applied at different locations on your limb and measurements will be taken. For venous blood flow studies, pressure will be applied by squeezing your limbs by hand. A small degree of discomfort is expected in such exams.

- For carotid doppler study and thyroid ultrasound, your neck will be tilted back at an angle for better visualization of your vessels/gland.

Generally, examinations take about 30 to 60 minutes to complete.

### **After your test:**

After the procedure, the gel will be cleaned off your skin. You are free to continue with your normal activities after the test is finished.

You will be informed about when you will receive your results at the reception.

### **Contact Us:**

For any inquiries, cancellations or for rescheduling your appointment, please contact us at +(965) 1877 877 ext: 7000, 7001 or +(965) 2221 6047 or on WhatsApp +(965) 6505 5011