



DEEP INFILTRATING ENDOMETRIOSIS ULTRASOUND

Thank you for making a Deep Infiltrating Endometriosis Ultrasound appointment at Sydney Ultrasound for Women. Please allow at least one (1) hour for this appointment.

**** Please note that a normal internal ultrasound will be performed. Some patients are told that the scan is done trans-rectally but this is not the case. Because your doctor believes you may have endometriosis that affects your bowel, some preparations are necessary to optimise the images of the bowel. ****

Please Note:

You will need to be well hydrated prior to the procedure and may drink **water** throughout the day, but you will **not** need a full bladder. Please do **not** eat for 2 hours prior to your appointment time.

Bring with you:

The referral from your Doctor and your Medicare card. Any previous scans or reports relating to this ultrasound (if performed elsewhere). The cost of this scan is \$550.00.

Payment can be made by:

- + Eftpos
- + Credit card – Visa or MasterCard only
- + Cash

Preparation:

Previous patients have advised that the preparation is not uncomfortable or painful.

For optimum results, the rectum should not contain gas as it will distort the ultrasound image. It is therefore important that you begin preparation the night before the scan as well as an enema no earlier than ONE hour prior to the scan.

Please take:

1. Dulcolax SP (fluid solution) 10 drops the night before or Dulcolax tablet, one tablet of 5 mg. This is a mild laxative that will make it easy for you to go to the toilet the next morning.

AND

2. Fleet enema **ONE HOUR** before the scan.

If you are NOT able to do this one hour or less prior to your scan from home or work, please bring the enema with you to our rooms ONE HOUR prior to your scan.

A Fleet enema is a bottle with 133 ml of liquid in it. It has a nozzle that is pre-covered with gel. Apply it while lying on your side (or if you feel more comfortable - be sitting upright on the toilet seat) and insert the nozzle into the anus and squirt the full content of the bottle into your rectum. You will start to feel a strong urge to go to the toilet, but you need to try and wait 3 to 5 minutes before going to the toilet to empty your bowels. After this your rectum should be completely empty.

The medication is obtained from a pharmacist over the counter and does not require a prescription. Each medication costs around \$7.00. Ensure the chemist gives you the **Fleet enema** rather than the oral Fleet as this has happened to a number of patients and usually it is only noticed an hour before the scan. It is then too late to go and exchange it.

The Day of Your Endometriosis Scan

Below is some helpful information of what generally occurs on the day of your scan. It is hoped this information will make the day a more pleasant experience.



On arrival, our receptionist will greet you and ask your name and for the original referral that your doctor gave you. The referral will allow you to claim from Medicare and the notes will advise us what particular service is to be provided.

Other details will be verified such as your date of birth, address, Medicare number and contact details to make sure we use the correct file. We have many ladies with similar names and the same birth dates so we need to be sure we have the correct file.

You will be asked to take a seat and depending on the day you should be seen close to your appointed time. Some days, we may be running behind due to previous complications where extra time is taken for those patients with serious medical conditions.

A sonographer (person that performs ultrasound) will call your name and will verify your personal details again to make sure we have the correct person. Once in the room you should see your name on the screen on the wall and you should check your last name is correct. The sonographer will also ask personal health questions to gain an understanding of your history to assist in scanning and will also verify that you have 'prepared' for the ultrasound.

As this scan will be internal or transvaginal there is some level of discomfort but no more than a normal Pap smear test. If you feel this may be an issue for you please advise the sonographer. You may be asked to wear a gown/covered by a sheet and remove some clothing. This will be done in privacy. Please see below for suggestions on what to wear. The ultrasound will be performed by one of our Medical Specialists and she will provide some feedback to you but she will also be focused and capturing the correct images in order to provide a comprehensive report. Depending on the degree of difficulty, the doctor may be quietly focused so please don't be offended if she appears pre-occupied at some point.

At the end of the scan and after you have dressed, the sonographer will compile a CD of the images taken for your medical records. Unfortunately personal recordings are not permitted within the rooms.

You will be taken to reception to finalise the account and the receptionist will make sure you have all the necessary documents. The doctor that performed the scan will provide a report and send to your referring doctor.

Please see below for more helpful hints.

What Time should I Arrive?

Please arrive 10 minutes prior to your scan time. This will provide enough time to register you. If you are running late please call the location where you have the booking to let them know. Depending on other bookings we may hold the space for you or we may need to re-schedule either same day or another day.

Who should come with me?

Your partner or friend are welcome to attend, but there are a couple of issues to be considered.

Many scans are transvaginal and perhaps it may not be appropriate for certain visitors to witness this. Also, personal health questions may be asked that you would prefer to remain private.

We only have scan rooms that fits one visitor comfortably so others would need to wait in the waiting room. It also is a little difficult for the sonographer to focus and obtain good images if there are distractions in the room.

All children under 16 years of age must be supervised by another adult in the waiting room due to legal requirements. It is not appropriate for children to attend this examination.

Remember the day should be all about you and you need to feel comfortable and relaxed as this produces the best images.

Most ultrasounds have a normal outcome, however, sometimes a scan may reveal a minor or major problem and this is distressing to all concerned.

What should I wear?

Considering the scan requires a probe to be placed against your skin around the lower parts of your body appropriate clothing would provide privacy for you.

Try to avoid wearing panty hose, tights, close fitting pants, jeans and tops.

Perhaps a loose fitting dress or loose fitting pants would be comfortable.



For more information on this and other services please go to our website www.sufw.com.au and click on 'Treatment & Services' tab.

Our sonographers welcome any questions you may have about your ultrasound examination