

# Ultrasound Scan

## What Is An Ultrasound Scan (Uss)?

An ultrasound scan (USS) is a non-invasive diagnostic procedure that uses high-frequency sound waves to create images of the internal organs. For gynaecological conditions, ultrasound is commonly used to examine the female reproductive system, including the uterus, ovaries, fallopian tubes, and surrounding pelvic structures. Ultrasound is widely used due to its safety, accuracy, and ability to provide real-time imaging, making it invaluable for diagnosing and monitoring a variety of gynaecological conditions. This guide provides an overview of how ultrasound can help diagnose gynaecological issues, what to expect during the procedure, and why it may be recommended as part of your care plan.

## Why Is An Ultrasound Used For Diagnosis Of Gynaecological Conditions?

Ultrasound scans are effective for diagnosing gynaecological conditions because they provide clear images of the pelvic organs without the need for radiation. Common reasons for using ultrasound in gynaecology include:

- **Non-invasive assessment:** Ultrasound does not use radiation, making it a safer imaging option for reproductive health, especially for repeated scans.
- **Real-time imaging:** Ultrasound provides real-time images, allowing doctors to observe movement within the body, such as blood flow and organ motion.
- **Guiding diagnosis and treatment:** Ultrasound can detect a range of conditions, from fibroids and cysts to more complex issues like endometriosis, helping to guide appropriate treatment.
- **Monitoring treatment progress:** For conditions such as ovarian cysts or uterine fibroids, ultrasound can monitor the effectiveness of treatment over time, aiding in follow-up care.

## Conditions Diagnosed With Ultrasound

Ultrasound is commonly used to diagnose a variety of gynaecological conditions, including:

- **Fibroids:** These non-cancerous growths in the uterus can cause symptoms such as heavy periods, pelvic pain, and pressure. Ultrasound can identify the size, number, and location of fibroids.
- **Ovarian cysts:** Ultrasound helps to visualise ovarian cysts, which are fluid-filled sacs that may develop on the ovaries. It can determine whether a cyst is simple (fluid-filled) or complex, which may require further investigation.
- **Endometriosis:** Ultrasound can detect signs of endometriosis, a condition where tissue similar to the uterine lining grows outside the uterus, causing pain and potential fertility issues.
- **Pelvic inflammatory disease (PID):** Ultrasound can identify inflammation or abscesses in the reproductive organs, helping diagnose PID and assess its severity.
- **Polycystic ovary syndrome (PCOS):** Ultrasound can show the presence of multiple small cysts on the ovaries, which is often a feature of PCOS.

- **Uterine abnormalities:** Ultrasound can reveal structural abnormalities in the uterus, such as septate uterus (a congenital anomaly) or adenomyosis (thickening of the uterine wall).

## Types Of Ultrasound Scan

There are two main types of ultrasound used in gynaecology:

- **Transabdominal ultrasound:** This scan involves moving a handheld probe over the abdomen to create images of the pelvic organs. It is typically used when a broader view of the pelvic area is required.
- **Transvaginal ultrasound:** This involves inserting a small probe into the vagina to obtain closer and more detailed images of the uterus, ovaries, and fallopian tubes. It is commonly used for better visualisation of specific structures and to detect smaller abnormalities.

## What To Expect During An Ultrasound Scan

If you are scheduled for a gynaecological ultrasound scan, the procedure is simple and usually takes between 15 to 30 minutes. Here's what to expect:

- **Preparation:** You may be asked to arrive with a full bladder for a transabdominal ultrasound, as a full bladder helps improve image clarity. For transvaginal ultrasounds, no special preparation is required.
- **During the scan:** You will lie on an examination table, and a gel will be applied to the abdomen for a transabdominal scan. For a transvaginal scan, a slim probe covered with a protective sheath will be gently inserted into the vagina. You may experience slight discomfort, but the procedure should not be painful.
- **After the scan:** Once the scan is complete, you can resume your normal activities. The images will be reviewed by a radiologist or your gynaecologist, who will discuss the findings with you.

## Are There Risks With An Ultrasound Scan?

Ultrasound is a safe procedure with no known risks. It does not use radiation, making it ideal for gynaecological imaging and for patients who may require multiple scans over time. Some individuals may experience slight discomfort with a transvaginal scan, but overall, ultrasound is a well-tolerated and safe diagnostic tool.

## Why Choose Birmingham Gynaecology Clinic

At Birmingham Gynaecology Clinic, we offer expert, compassionate care, using state-of-the-art ultrasound technology to diagnose and monitor a range of gynaecological conditions. Our skilled team of specialists provides accurate diagnoses and personalised treatment plans. We prioritise your comfort and wellbeing, ensuring you receive the highest standard of care in a supportive environment.

Contact us

If you need an ultrasound scan to diagnose a gynaecological condition, contact Birmingham Gynaecology Clinic to schedule a consultation. Our team is here to provide expert guidance and comprehensive care.

