

Gynaecological ultrasound

Gynaecology

You have an appointment for a gynaecological ultrasound soon. This can be an internal or external ultrasound. In this folder you can read what an internal ultrasound is and what you can expect.

Important to know

If your GP has only referred you for a gynaecological ultrasound, you will only receive an ultrasound. Your GP will receive the result from us and will then discuss with you what happens next. You will not have a consultation with the doctor after the ultrasound.

What is a gynaecological ultrasound?

A gynaecological ultrasound is an examination in which we look at the uterus, ovaries, and the uterine lining. This is done with sound waves. You cannot hear these waves, and they are safe for your body. The doctor or ultrasound specialist checks for example:

- The shape and size of the uterus
- The uterine lining
- The ovaries
- Possible abnormalities such as cysts, polyps, or fibroids

How is an ultrasound done?

Most of the time we do an internal (vaginal) ultrasound. The doctor or ultrasound specialist places a thin stick (probe) in the vagina. There is a protective cover on the probe. The ultrasound is usually not painful. If an internal (vaginal) ultrasound is not possible or not desired, we can also do an external ultrasound on the abdomen.

Before the examination

Internal ultrasound

For an internal (vaginal) ultrasound, your bladder must be empty. Please go to the toilet just before the examination. An internal ultrasound can also be done during your period; this is not a problem. If you use a tampon, please remove it before the examination.

External ultrasound

For an external ultrasound, your bladder must be full. If this applies to you, we will tell you beforehand. Usually this means that you need to drink about one hour before the examination and not go to the toilet until after the examination.

You do not need to fast. You may eat and drink normally. Please tell us before the examination if you:

- Are pregnant or think you may be pregnant
- Have symptoms such as fever, pain, or unusual discharge
- Have a latex allergy or are sensitive to anything

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The examination

For an internal ultrasound you sit in the examination chair. The doctor asks you to remove your underwear. For the examination you move forward so that you lie comfortably.

The ultrasound probe is a thin stick with a protective cover and some gel on it. The doctor places the probe gently in your vagina. This can feel a little uncomfortable, but it should not hurt. If anything does not feel comfortable, you can tell us.

During the examination, the doctor makes images of your uterus and ovaries. You can look at the screen if you want to. Sometimes it is quiet because the ultrasound specialist needs to concentrate. If you have questions, you may always ask them. We are happy to explain what we see.

During the examination

The examination takes about 10 minutes.

After the examination

After the examination you can go home right away. After an internal ultrasound you may have light cramps or a little blood loss. This is normal and usually goes away quickly. You can continue with your normal daily activities.

Results

The result of the ultrasound is discussed in two ways, depending on your referral:

- Were you referred by your GP only for an ultrasound? Then we send the result to your GP. Your GP will discuss the next steps with you.
- Do you have a referral that includes an appointment with the doctor? Then our doctor will discuss the result with you. Sometimes this can be done right after the examination, and sometimes during a follow-up appointment.

Resuscitation

All patients at DC Klinieken will be resuscitated in an emergency situation. If you have a "do not resuscitate" statement, or if you have discussed with your doctor that you do not want to be resuscitated, it is important that you inform us.

Emergency after visiting DC Klinieken

In case of an emergency, call: 088 0100 998.

Insurance

DC Klinieken has contracts with all health insurers. This means that almost all care is reimbursed, just like in the hospital. You do need a referral from your (general) doctor. Please be aware of your own deductible. More information about reimbursements and possible exceptions can be found at: www.dcklinieken.nl/vergoedingen.

Questions

For more information and answers to frequently asked questions, go to: www.dcklinieken.nl/contact or contact our Service and Information Centre at 088 0100 900.