

Taichung Armed Forces General Hospital
Leaflet of Inpatient Nursing Instructions

腹部超音波之護理指導

Sir/Lady:

Nursing instructions for abdominal ultrasound

I. Purpose:

- (1) To use high-frequency sound waves to scan abdominal organs for any lesions and assist in punctures and biopsies, and to learn the conditions of the liver, gallbladder, pancreas, spleen, lymphatic tissue, kidneys, and adrenal glands.
- (2) Patients may need an abdominal ultrasound examination for various reasons, such as "abdominal pain," "fever," "abnormal liver or gallbladder indices," and suspected abdominal tumors.
- (3) Examination method: Lie flat on the examination table with your clothes loosened to expose your abdomen. The doctor will apply a water-based gel to your abdomen to facilitate the examination. A probe will be moved over your abdomen to perform the scan. The process is painless and takes about 10-20 minutes. You will need to change positions as instructed by the doctor and follow commands to inhale and hold your breath. After the examination, clean your abdomen.

II. Precautions:

- (1) Please fast for 6-8 hours.
If the examination is in the morning, fast after 24:00.
If the examination is in the afternoon, fast after breakfast.
- (2) Do not undergo gastrointestinal imaging based on silver within 2 days before the ultrasound examination, as it may affect the ultrasound results.
- (3) If it is a lower abdominal ultrasound, you may need to drink 500-800 milliliters of boiled water before the examination and do not urinate, so that the bladder is distended, which helps the examination.
- (4) After the examination, you may eat immediately, unless you were instructed to fast.

If you are still unclear about something or have any questions, please contact the nursing station in the ward