

*You will need  
to have a full  
bladder for  
the exam.*

## **Kidney (Renal) Ultrasound**

An ultrasound or sonogram test uses sound waves to project an image. This allows the doctor to view organs and areas within the body. A small, hand-held device called a transducer is placed on the skin over the area to be examined. The sound waves from the transducer are reflected off the internal organs back to the transducer. The sound waves create an image on a video screen. The images are seen and captured in real time, showing movement.

A kidney ultrasound looks at both the kidneys and bladder. The exam, done in the Ultrasound department, takes about 30 to 45 minutes.

### **Before the Test**

#### ***Night Before the Exam***

You may have your regular diet the night before the test.

#### ***Morning of the Exam***

You may have a light breakfast and a clear liquid lunch. This includes:

- **Soups:** Clear broth or bouillon.
- **Desserts:** Plain gelatin or popsicles.
- **Beverages:** No alcohol, milk or cream (powdered or liquid) are allowed.
  - Water.
  - Clear, pulp-free fruit juices (apple, white grape juice or lemonade).
  - Coffee or tea (NO milk or cream).
  - Do not drink carbonated liquids, such as soda
- **Seasoning:** Only salt, sugar or sugar substitutes.

#### ***One Hour Before Your Test***

You will need to have a full bladder. **Drink 24 ounces of water 1 hour before your appointment time.** Do not use the bathroom until after the test is done.

## ***Arrival***

Please arrive 15 minutes before your test time. Be sure to bring:

- Your doctor's written order for the test if one was given to you.
- A list of allergies.
- A list of all your current medications (prescription, over-the-counter, and herbals).
- Photo ID.
- Medical insurance information.
- Medicare card (Medicare patients only).

## **Location**

Your ultrasound may be performed at 1 of 3 locations:

- 4th floor Feinberg, 250 East Huron Street.
- 2nd floor Arkes Pavilion Imaging Center, 676 North Saint Clair Street.
- 3rd floor Lakeview Imaging Center, 1333 West Belmont Lane (parking garage attached to medical building).

Be sure to check at which location your test is scheduled.

Parking is available for patients and visitors in the garage at 222 East Huron Street, across from the Feinberg and Galter Pavilions. For discounted rates, please bring your parking ticket with you. Tickets can be validated at the Customer Service Desks on the 1st and 2nd floor of the Feinberg and Galter Pavilions; and the 1st floor of Prentice (including the Prentice 24-hour desk near the Superior Street entrance).

After checking in, a sonography technologist (tech) will escort you to a locker room where you will be asked to undress from the waist up (remove your shirt) and change into a hospital gown (undergarments may be left on).

## **During the Test**

A tech will escort you to an exam room, where you will be assisted onto an exam table. While lying on your back, a warm clear gel will be applied to your abdomen. The tech then will slowly move the transducer over that area. To obtain the images, different amounts of pressure will be used. The displayed images are then saved for later review.

During the exam, you may be asked to:

- Take in a deep breath and hold it.
- Turn onto each side, so that the kidney images can be obtained.

At the end of the exam, the radiologist will review the images. If needed, portions of the exam may be repeated.

## After the Test

After the exam, the tech will provide towels to help remove the gel.

You may resume your normal diet and activities. The results will be sent to your doctor within 5 working days. If you do not receive results within 1 week, contact your doctor.

## Health Information Resources

For more information, visit Northwestern Memorial Hospital's Alberto Culver Health Learning Center. This state-of-the-art health library is located on the 3rd floor of the Galter Pavilion. Health information professionals are available to help you find the information you need and provide you with personalized support at no charge. You may contact the Health Learning Center by calling 312-926-LINK (5465) or by sending an e-mail to [hlc@nm.org](mailto:hlc@nm.org).

For additional information about Northwestern Medicine, please visit our website at [nm.org](http://nm.org).

*Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312-926-3112.*

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital's Patient Representatives Department at 312-926-3112, TDD/TTY 312-944-2358 and/or the Northwestern Medical Group Patient Representatives Department at 312-926-1920, TDD/TTY 312-695-3661.

Developed by: Ultrasound Department

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900825 (6/13)