

*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 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.
- **Seasoning:** Only salt, sugar or sugar substitutes.

Do not drink any carbonated liquids, such as soda.

One Hour Before Your Appointment

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.
- A list of allergies.
- A list of all your current medications (prescription, over-the-counter, and herbals).
- Medical insurance information.
- Medicare card (Medicare patients only).

Parking is available for patients and visitors in the garage at 222 E. Huron, 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 entrance).

A sonography technologist (tech) will escort you to the exam room. Then, you will change into a hospital gown.

During the Test

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, using light pressure. The transducer will transmit sound waves to a monitor, where the images can be seen and 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.

Before the exam is complete, 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.

Health Information Resources

For more information, visit one of Northwestern Memorial Hospital's Health Learning Centers. These state-of-the-art health libraries are located on the third floor of the Galter Pavilion and on the first floor of the Prentice Women's Hospital. 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 Centers by calling 312-926-LINK (5465) or by sending an e-mail to hlc@nmh.org.

For additional information about Northwestern Memorial Hospital, please visit our Web site at www.nmh.org.

Para asistencia en español, por favor llamar a el departamento de representantes para pacientes al 312-926-3112.

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Developed by: Ultrasound Department

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For more information about Northwestern Memorial Hospital, please visit www.nmh.org.

1100-07

900825 (08/07)