

## QUICK FACTS:

- An ultrasound is a way to see the inside of your child's body by using sound waves that are produced by the ultrasound machine.
- Your child will be awake throughout this exam.
- Your child can partake in normal activities and diet afterward.



## THINGS TO KNOW:

- Ultrasounds vary in time depending on the part of the body the ultrasound will be taking pictures of. (Also how well your child can stay still.)
- Ultrasound exams are not painful in any way.
- Soundwaves are bounced off your child's body in order to take pictures.

## ABOUT THE ULTRASOUND:

- The goal of the exam is to take ultrasound pictures of your child's body. Location of pictures will vary depending on the type of ultrasound ordered for your child.
- Your child will be asked to lie down on a table. Depending on what part of the body is receiving the ultrasound, your child may be asked to remove or shift some articles of clothing.
- The Ultrasound Technologist will place some non-toxic gel on their picture wand or on your child's skin.
- Towels will be used to keep the special gel off your child's clothing.
- The Ultrasound Technologist will then use the wand to take pictures. They will do this by placing the wand on your child's skin over the body part they are examining. The wand will be moved around gently on your child's skin to take pictures.
- Your child will need to hold completely still for ultrasound pictures to be taken.
- Sometimes a Radiologist will assist with pictures depending on the situation.
- After the pictures are taken, the Ultrasound Technologist will wipe off any remaining gel on your child's skin, and the exam is complete.

## PARENT/ GUARDIAN'S ROLE DURING EXAM:

- Parents and guardians are welcome to be present during exam to support their child.
- Medical staff will instruct parents/guardians on where to sit/stand while in the room to help the exam run smoothly.
- Parents/guardians are encouraged to help their child relax and keep calm during the exam.
- Parents/guardians are also a great help when encouraging the child to hold still.
- If your child has any comfort items such as stuffed animals, a small handheld toy, pacifier, or blanket please feel free to bring them along.

## PEOPLE YOU MAY MEET:

- Ultrasound Technologist
- Radiologist



## AFTER THE EXAM:

- After an ultrasound your child can resume normal activities and diet.
- No special care or follow-up is needed after an ultrasound.

## ADDITIONAL INFO:

- This informational sheet is to provide basic knowledge of an ultrasound exam. Exam experiences may vary depending on your child's age or developmental level.
- Your technologist for the exam will explain the exam in detail, so please feel free to ask questions if needed. We as a hospital team are here to support both you and your child throughout your experience.