

Patient Guide

Perth Radiological Clinic

Ultrasound Endometriosis

What is endometriosis

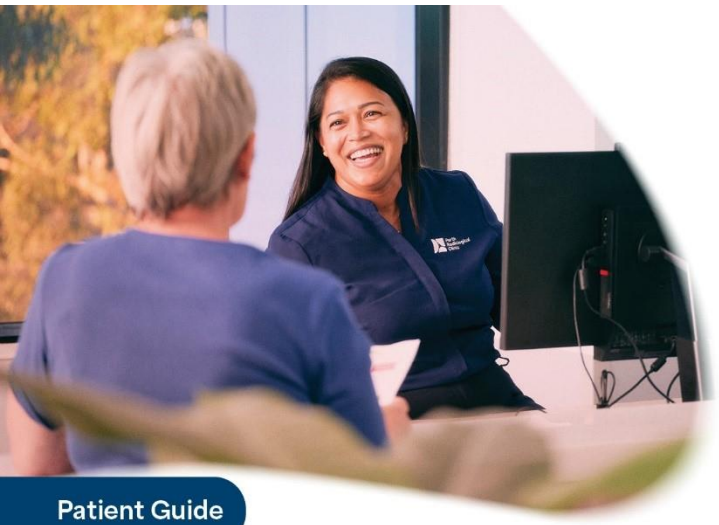
- At PRC we are committed to providing the best level of service for our patients and have specialty sonographers trained to perform dedicated endometriosis ultrasound scans.
- Many women with chronic pelvic pain will undergo investigation for suspected endometriosis.
- Endometriosis is estimated to affect up to one in nine women with chronic pelvic pain. This condition is where tissue similar to the lining of the uterus (called the endometrium) grows outside of the uterus.
- These nodules can cause pain and inflammation resulting in scar tissue and adhesions.
- Ultrasound can be used to locate and measure endometrial deposits which assists in diagnosis and planning for treatment.
- Not all endometriosis nodules can be detected with ultrasound, and a normal pelvic ultrasound result does not mean that there is no endometriosis present.
- Ultrasound can be used to detect some of the secondary signs of endometriosis by examining the pelvis for mobility and areas of pain.
- Please advise our bookings or reception staff if you require a dedicated endometriosis ultrasound.

What you must tell us

- Do you require an interpreter?
- Is the patient non-English speaking? If so, we can arrange for an interpreter to be present during the appointment. Please let us know as soon as possible so we can make the relevant arrangements.

Preparation

- Drink 2 glasses of water 1 hour before your appointment and do not go to the toilet to empty your bladder.
- Bowel preparation is recommended. At dinner time the night before, take a light laxative such as Ducolax (available over the counter at a pharmacy).
- Continue to take your regular medication as normal.
- There is no requirement to fast for a pelvic ultrasound, however if an ultrasound of the abdomen is also requested you will be required to fast.



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Procedure

- A dedicated endometriosis scan is an in-depth specialised scan performed by a sonographer that has had formal training and further education in this area.
- The ultrasound examination will likely go for longer than 30 minutes however at any time if you want to the scan to stop, you may request so and let your sonographer know
- You will be required to change into a gown and lie on an examination couch
- You will remain covered during your procedure except for the area being imaged.
- A layer of gel will be applied to the tummy area at first so that good contact is made between you and the ultrasound probe
- The probe will then be placed directly onto your skin for a significant amount of time during the examination
- For a dedicated endometriosis scan a transvaginal scan is also recommended to view the pelvic organs in a higher image quality and greater detail.
- The small, sterilised probe is covered with a protective cover so there is no risk of infection and lubricated with gel before insertion into the vagina
- Transvaginal scans are only performed with the patient's consent. Please discuss any issues you may have with your sonographer.
- Bowel preparation is recommended and may be useful to reduce the amount of bowel gas and may improve the quality of the imaging. This involves taking a light laxative (such as Ducolax) the evening before at dinner time. These are available at your local chemist.
- During the transvaginal scan the sonographer will look for endometriosis nodules and investigate areas of pain.
- During an endometriosis scan, it is likely that you will experience more discomfort than during a typical pelvic ultrasound due to extra pressure on the bowel. Additionally, your sonographer will apply pressure to the pelvis to check for mobility of your organs and for areas of tenderness. Where you have pain and tenderness your sonographer will spend additional time looking for a cause of your pain and this is usually uncomfortable. If you have concerns with the amount of pressure or discomfort, speak with your sonographer and let them know.
- You may take Panadol or Nurofen prior to your appointment in preparation.
- Your images will then be reviewed and reported by one of our specialist radiologists
- Please advise the reception staff if you have a follow up appointment scheduled with your referring doctor.