



**Urologic Consultants**  
of Southeastern Pennsylvania

### **DESCRIPTION OF SONOGRAM OF KIDNEYS/BLADDER**

The sonogram, ultrasound or echogram are the same test. Using sound waves we can get a fairly clear view of internal structures. First, the skin over the area to be viewed is prepared with a special jelly. A special probe (like a microphone) is then placed on the skin over the area to be viewed. The picture is a reflection of sound waves, painless and with no injections! This is a test that truly does not hurt and is safe. The abdominal ultrasound helps us look at abdominal structures such as the kidneys and the liver. It helps differentiate tumors from cysts. It is a very versatile test. At the end of the test you will be asked to empty your bladder. Using the ultrasound we will try to estimate how much urine is left in the bladder after voiding. Try to empty your bladder as completely as possible.

### **POSSIBLE RISKS OF SONOGRAM OF KIDNEYS/BLADDER & POST VOID**

There are no risks with this procedure.

### **PREPARATION FOR SONOGRAM OF KIDNEYS/BLADDER & POST VOID**

Have a fat free evening meal and then limit your intake to sips of water. One hour before the examination is scheduled drink 32-40 oz of water (4-5 cups). It is important to keep the bladder full for the exam. Please try not to go to the bathroom until the ultrasound is completed. If your bladder is uncomfortably full when you arrive at the examination, tell the receptionist, at which time further instructions will be given to you.