

# Kidney Ultrasound

## What is a Kidney Ultrasound?

An ultrasound makes pictures of the inside of the body using soundwaves, NOT radiation.

A kidney ultrasound, also called a renal ultrasound, focuses on the kidneys, ureters, and urinary bladder. It uses a computer to make the images that we can see on a monitor. The test is painless with no known side effects.

## Why is this exam performed?

A renal ultrasound allows your child's physician to gather detailed information that they cannot learn from a physical examination. It gives them an inside look at potential kidney or bladder problems.

Common reasons include looking for:

- The size of the kidneys
- Possible signs of injury
- Presence of blockages or kidney stones
- Complications of a UTI (urinary tract infection)
- Cysts or tumors
- Blood flow

## What to expect

Parents, even pregnant women, may be with their children during the test. It may be helpful to make plans for other siblings.

Preparing your child is key to the success of this study. To help prepare your child, our Child Life Specialists will help ease your child's fear and anxiety. Please let a staff member know if you are interested in a Child Life consultation at no additional cost.

Talk with your child before the exam. Children tend to be less anxious if they know what is going to happen and have an opportunity to ask questions. Feel free to bring items from home that are comforting to your child. This could be a blanket, a stuffed animal, a toy, a game, or a book. Feel free to bring juice or a snack for after the exam. If your baby is bottle fed, please bring a bottle.

Your child should not have any sodas for 4-6 hours before the exam as the carbonation can cause gas. Otherwise, he or she can eat and drink as usual. Please try to keep them from urinating prior to the exam unless they cannot hold it. A full bladder will help in seeing the bladder during the ultrasound.

Your child and the accompanying adult will be taken to the procedure room by a technologist and may be asked to change into a gown. The lights in the room will be turned down low. Each room contains a bed, the ultrasound machine, and a television. The technologist will ask why the study is being done and explain it to your child.

## For this 30-45 minute exam:

- You child will be asked to lie down on his or her back on the table.
- The technologist performing the exam will sit in a chair close to the bed. A warm gel will be applied to your child's abdomen. A transducer, which is like a camera, will be placed over the area where pictures need to be taken. The technologist will move the transducer around to several spots, taking pictures, and sometimes holding it still. Your child may be asked to roll on his or her side or stomach for some pictures.

- It is important for your child to lay as still as possible. Ask the technologist what your child can and cannot touch. Please encourage your child to ask questions.
- The Radiologist will review the pictures before you leave to make sure no additional pictures are needed.
- For exam preparation and imaging, you should plan to be in the department for 60-90 minutes.
- You will be given discharge instructions at the conclusion of your appointment.

## **Receiving your Kidney Ultrasound results**

Call your doctor for a follow up appointment as instructed. You can also call the doctor who ordered the study for the results 24 to 48 hours after the test. If you have any additional questions or concerns, please don't hesitate to call Radiology Nursing at 832-826-5371.

If you would like a CD of your child's study, please call the film library at 832-822-1202. The Radiologist's report will also be included on the CD.