



Pelvic Floor Ultrasound

What is a pelvic floor ultrasound?

This scan is the examination of choice to start within the diagnostic workup of urinary or stress incontinence. In addition, a full assessment of the uterus, ovaries and the parts of the pelvis which are nearby are also examined.

Your doctor will usually request a pelvic floor scan if you are suffering from urinary incontinence or if you have concerns about pelvic organ prolapse. This can be as a result of having children or can be as a result of a weakness in the wall of the urethra.

What happens on the day?

When you arrive, you will be asked to empty your bladder. You will be given a gown and be asked to undress from the waist down.

You will be asked to lie on the table and expose your lower abdomen. A towel will be tucked into your pants to limit spread of the gel onto your clothes.

The bladder and the kidneys may be examined briefly for changes such as obstruction, if requested by your doctor.

For the scan of the pelvic floor a hand-held probe or 'transducer' is placed on the perineum (the area between the vagina and the anus).

This enables images to be taken of the bladder, urethra, vagina, cervix, uterus, perineum, anal canal, and pelvic floor muscles. If the bladder is too full to see the pelvic floor structures, our doctor or nurse may need to use a small catheter to empty the bladder.

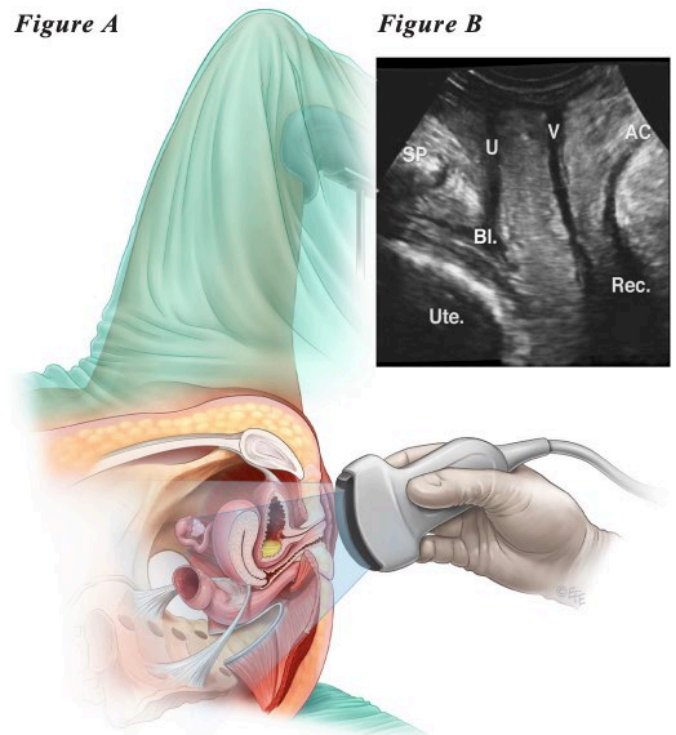


Figure A shows how the transducer is placed on the perineum.

Figure B shows the pelvic floor organs: SP-pubic symphysis (pubic bone), U-urethra, Bl-bladder, V-vagina, Ute-uterus, AC-anal canal, R-rectum (lowest part of the bowel).

You will be asked to do some breathing exercises and to strain so that we can monitor how your urinary muscles are contracting. You may be asked to do this several times and we will monitor what is happening in real time.

Due to the straining of your pelvic floor, it is extremely common to pass some wind or a little bit of urine. This is a part of the test and you need not feel embarrassed.

Benefits

A pelvic floor scan can give us a lot of information about what might be causing your urinary incontinence, constipation or prolapse symptoms.

It can help determine why you might be experiencing such things as pelvic pain and pelvic bleeding.

Why have a Pelvic Floor Scan at Allcare Gynaecology?

This type of scan is very specialised and our sonographers are trained to the highest standards to perform these specialist pelvic floor scans. In addition, all our scans are checked by our in-house gynaecologist before reporting back to your doctor. If there is any clinical concern about your scan we will come and discuss this with you.

How long will it take?

A pelvic floor scan which includes a normal pelvic scan takes approximately 45 minutes.

How should I prepare for the scan?

You will be asked to empty your bladder just before the scan. *(If your doctor has also requested a renal ultrasound, please follow instructions for that scan).*

For best results, it is better if you have also had a bowel movement recently.

When will I get my results of my scan?

The full report of the scan will be with your doctor. If there is anything of major clinical concern that we uncover from your scan, we will come and speak to you on the day. There are lots of normal benign things that we see all the time. We do not ordinarily discuss these normal findings with patients.

Helpful Information

- A full bladder is not required unless a renal ultrasound has also been ordered.
- This scan can help determine the cause of urinary incontinence, prolapse or straining during bowel movements.
- A special probe rests on the outside of your vagina and live scanning helps us determine what might be causing incontinence.