

Preparing for: Urological ultrasound

1. THE TEST



Test date

You are scheduled for your appointment on _____ at _____.

To provide thorough and appropriate care, we must devote the necessary amount of time to each individual patient, and the time this will take cannot be determined beforehand. If for any reason you are unable to make your appointment, please notify us as far in advance as possible.

What does the test consist of?

A urological ultrasound examination is a diagnostic imaging technique that makes it possible to examine the kidneys, bladder, and prostate by using ultrasound waves to create images of tissues without using X-rays.

You will be asked to lie on an examination table and uncover your abdominal area. After an ultrasound gel is applied to the area of interest, a device known as a transducer is moved back and forth over the area.

The test takes about 10 minutes.

For the test to be effective, it is essential that you follow the instructions that appear below.

2. BEFORE THE TEST



How to prepare

- **You should come in for the test with a full bladder.** Please follow these instructions:
 - ✓ Drink half a liter of water at least 30 minutes before your appointment and hold in your urine.
 - ✓ If you have a pressing need to urinate, you can partially empty your bladder to get some relief, but you should not empty it completely.

If you require any further explanation or clarification, do not hesitate to ask the staff working in the department where you will be having your test.

3. REMARKS



Accessing your medical records

Once your test results have been analyzed by your doctor, you may access them on the **Patient Portal**. The Patient Portal is a private online space where you can manage all aspects of your health and that of your family—wait-free and with no unnecessary trips to the hospital. Manage your appointments and access your reports, test results, and imaging studies by going to

<https://www.quironsalud.es/es/portal-paciente>

Contacting us by phone

Having difficulty logging on to the Patient Portal? Contact us by phone:
901 500 501

Thank you for your cooperation.