

Patient Guide to the Ultrasound Service at Cobham Day Surgery.

You have been referred by your GP to Cobham Day Surgery to have ultrasound. This information sheet will let you know what to expect and tell you about Cobham Day Surgery.

Epsomedical Ltd is unique in being an independent hospital service company dedicated to serving NHS patients. As a small business Epsomedical has been able to create a friendly and settled atmosphere which is appreciated, by patients and staff alike. We are a cost effective organisation, which saves the NHS money and as a result helps it to treat more patients than ever before. We have two day surgery centres, one located at the Old Cottage Hospital in Epsom and the other one here at Cobham. At the end of this information sheet is a map of where Cobham Day Surgery is situated.

We presently run the Ultrasound Service weekly on a Friday morning.

Preparation for an ultrasound examination.

The examination is a quick and painless procedure, and should take no more than 15 minutes. It would be helpful to both you and us if you could avoid wearing tight clothing.

Most (but not all) ultrasound examination requires some preparation; if your GP has ticked one of the boxes below, please carefully follow the instructions below. If you feel this would be difficult to comply with (for example you are diabetic), please call the surgery for advice.

On the day of your test, please follow the appropriate instructions:

Lower Abdomen/Renal Tract/Pelvis

You will require a full bladder at the time of your appointment. Please empty your bladder two hours before your examination, and then drink 6-8 cups of water over the next 30 minutes. The amount of water will vary dependent on several factors, a trial run before your examination will help you judge how much is correct for you. If you are particularly concerned, please bring bottled water with you, allowing you to top up at the unit.

Upper Abdomen only

Please do not have anything to eat or drink (water and clear fluids are allowed) for **5 hours** prior to your appointment. This is important, but you will be seen at or very close to your appointment time and you may bring a snack with you for immediately after your examination.

Upper and Lower Abdomen

Please follow **both** of the above sections. Again this is very important as we would like to avoid re-booking the appointment and delaying your test results.

What Happens Now?

Your GP will have completed an ultrasound request form and handed it back to yourself to call us and make an appointment.

You will need to call our reception on 01932 588 400 – this number is also on the form – between 8.30am and 5.30pm Monday – Friday. The staff here will then book you into the earliest available slot or another that is more convenient for you.

On the day of your appointment you will need to bring the form with you to Cobham and report to reception. They will book you in and take further information from the Ultrasound request form. You will then be asked to take a seat in our waiting room.

The Sonographer will then call you for your Ultrasound. Once the examination that the GP has requested has been done – you will be able to leave the unit.

Your report will be written up by the Sonographer and a report sent back to your GP to make a decision on what treatment you may need next.

Where is Cobham Day Surgery?

