

# Your Musculoskeletal (MSK) Ultrasound Scan

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This leaflet is designed to answer some of the questions you may have about your forthcoming ultrasound examination. Whilst we endeavour to scan every patient at their allocated time, some scans may take longer than expected which can unfortunately result in a delay. If, after reading this, you still have any worries or queries, please telephone the diagnostic imaging department appointments office on (01493) 452456 between 8:30am – 5pm Monday – Friday.

## What is an MSK ultrasound examination?

Ultrasound is a safe and painless method of examining parts of the body using high frequency soundwaves, which produce a picture onto a screen.

## How do I prepare for my ultrasound examination?

An MSK scan requires little to no preparation. Leave jewellery at home and wear loose, comfortable clothing. If you have long hair then it will need to be tied out of the way.

## How is the examination performed?

When you check in at the X-ray department reception you will be directed to the ultrasound waiting area. You may be asked to change into a hospital gown by an ultrasound support worker. They may also act as a chaperone during your scan.

Your scan may be carried out by either a sonographer or a consultant radiologist (a doctor who specialises in diagnostic imaging). Depending on the area to be examined you may have to be seated on an examination table or a swivel chair. Some patients may be asked to lay either face up or face down on the examination table. The sonographer or radiologist may move your limb for you to evaluate the anatomy and function of the joint, muscle, ligament or tendon.

Once in position a sheet of tissue paper may be placed over you to protect any clothing from ultrasound gel. The gel will be applied to your skin and easily wiped off at the end of the examination. This gel is water soluble and will not cause harm to your skin or clothing. The lights will be dimmed so that the ultrasound screen can be seen more easily. The probe will then be scanned across your skin.

The examination should be painless and may last between 15-30 minutes.

## After the ultrasound examination

Once the examination is complete you will be able to dress again. You may be asked to wait while the ultrasound images are reviewed. A sonographer may occasionally ask for the opinion of a radiologist who may also wish to scan you before issuing the final report which will be sent to your GP or consultant. The results will usually take around seven days to reach your doctor.



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This leaflet was produced by the Ultrasound Department as a service to patients.

### Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

### Trust Values

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| <ul style="list-style-type: none"><li>• Courtesy and respect</li><li>• A welcoming and positive attitude</li><li>• Polite, friendly and interested in people</li><li>• Value and respect people as individuals</li></ul> <p>So people feel <b>welcome</b></p> <ul style="list-style-type: none"><li>• Attentively kind and helpful</li><li>• Look out for dignity, privacy &amp; humanity</li><li>• Attentive, responsive &amp; take time to help</li><li>• Visible presence of staff to provide care</li></ul> <p>So people feel <b>cared for</b></p> | <ul style="list-style-type: none"><li>• Responsive communication</li><li>• Listen to people &amp; answer their questions</li><li>• Keep people clearly informed</li><li>• Involve people</li></ul> <p>So people feel <b>in control</b></p> <ul style="list-style-type: none"><li>• Effective and professional</li><li>• Safe, knowledgeable and reassuring</li><li>• Effective care / services from joined up teams</li><li>• Organised and timely, looking to improve</li></ul> <p>So people feel <b>safe</b></p> |
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The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

**For a large print version of this leaflet, contact PALS 01493 453240**