

# How to prepare for a breast ultrasound

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## What is a breast ultrasound?

An ultrasound reveals images of organs and soft tissues inside your body. It uses sound waves to make images. It is not an x-ray.

A breast ultrasound helps the radiologist learn more about lump that may be found in the breast tissue. A breast ultrasound can show the radiologist if the lump is a fluid-filled cyst or a solid mass.

## How to prepare for a breast ultrasound?

Bring your health card to your appointment.

## What to expect?

A Registered Ultrasound Technologist will perform the ultrasound. The technologist will show the images to a breast radiologist who may request more images or perform another ultrasound.

When you arrive at your breast ultrasound appointment:

1. You will change into a hospital gown.
2. You will lie face up, and the technologist may ask you to reposition to one side.
3. Ultrasound gel will be put on your skin, which may feel a little cold.
4. The technologist will move a smooth tool, called an ultrasound probe or transducer, across your skin. This probe will send sound waves through the breast tissue creating pictures on a computer screen.
5. The examination may take 20 minutes to 1 hour.
6. In some cases, a breast biopsy is recommended. A biopsy may be done the same day as a breast ultrasound, or might be scheduled on another day.
7. The results of your ultrasound will be sent to the doctor who ordered the test.