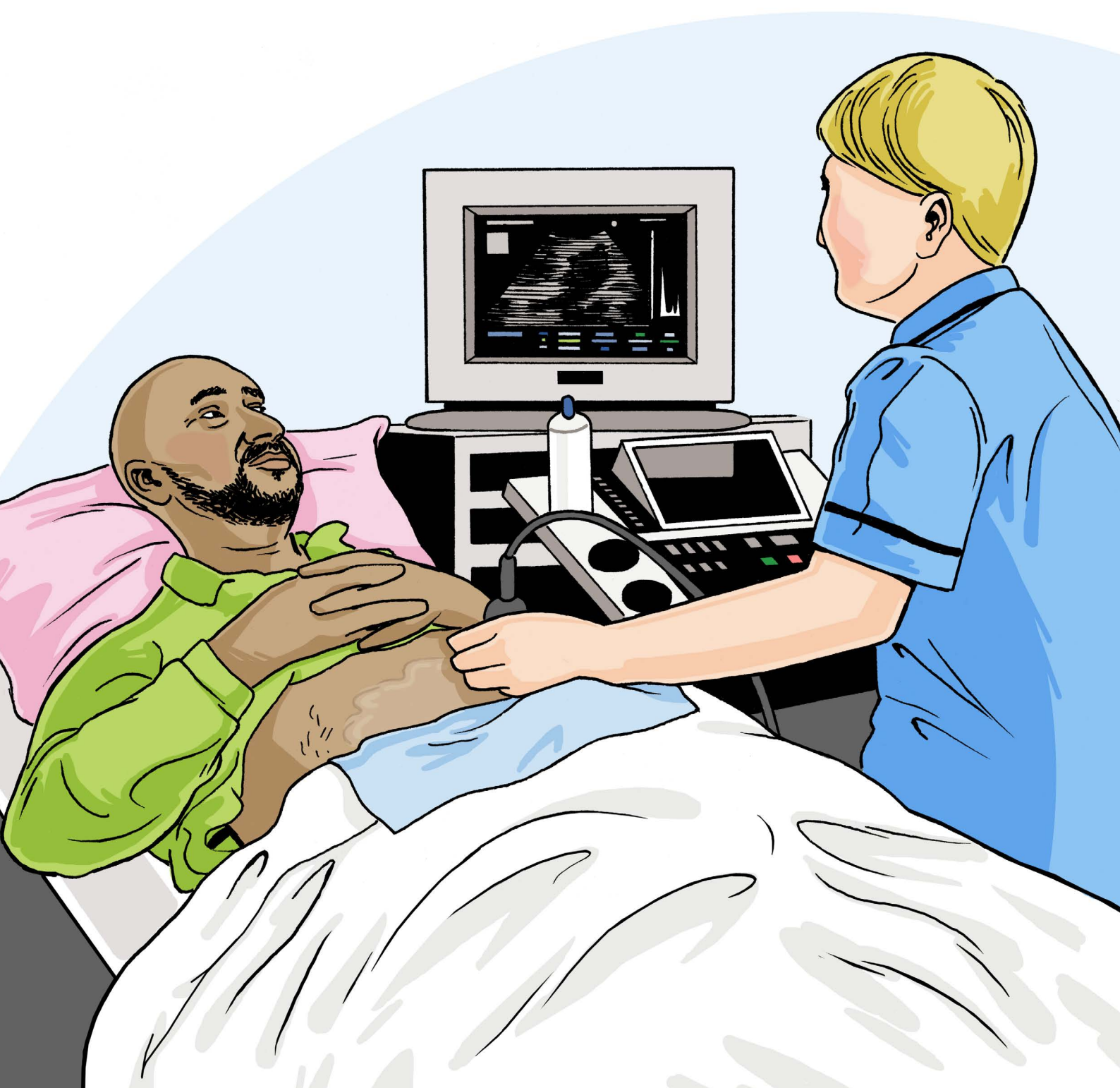


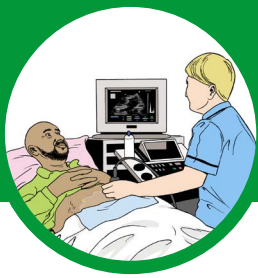
In partnership with

**MACMILLAN**  
CANCER SUPPORT

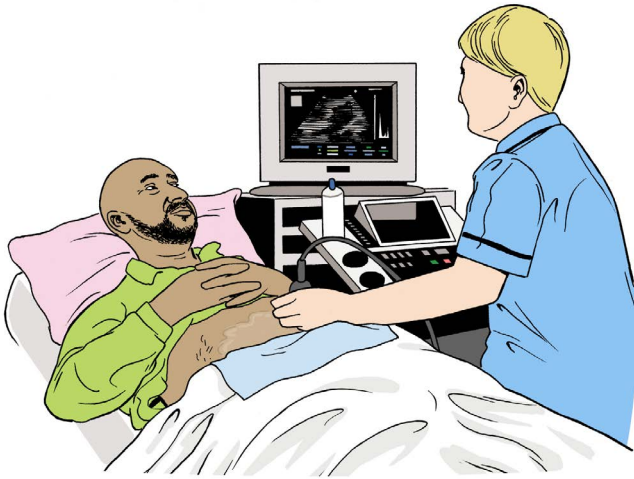
easy  
read

# Having an ultrasound

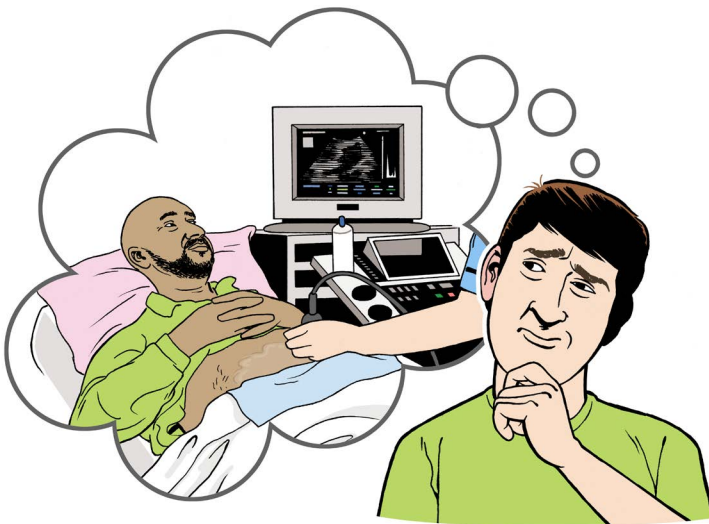




# About this easy read booklet



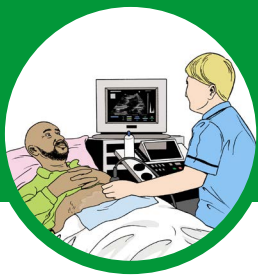
This booklet is about having an ultrasound.



You can learn about what will happen at the hospital when you go in for an ultrasound.



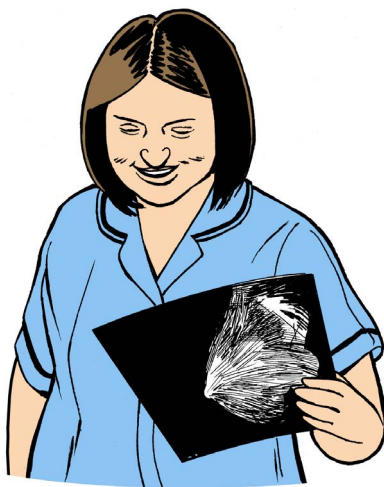
If you are worried about your health, you should talk to a doctor or nurse.



# Scans and x-rays



**Scans** and **x-rays** are ways of taking photos of the inside of the body. This helps the doctor check if everything is OK, or find out what is causing a health problem.



Scans and x-rays are done in hospital by people called **radiographers**.



Scans and x-rays do not hurt. Tell the doctor if you have any pain.

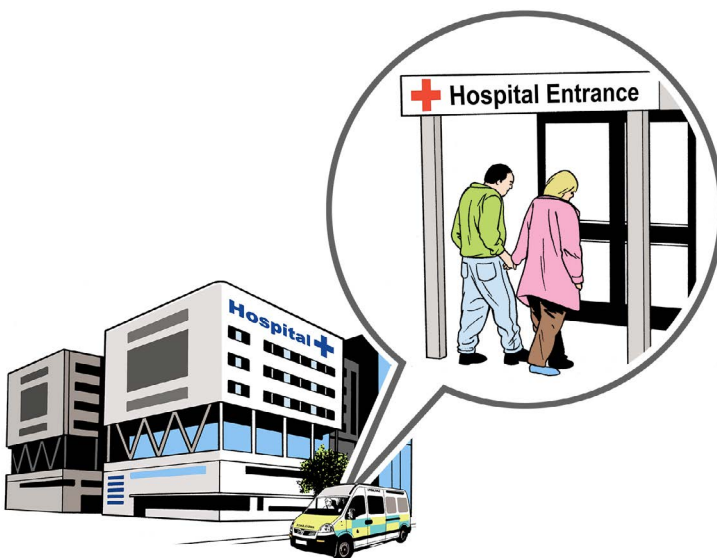




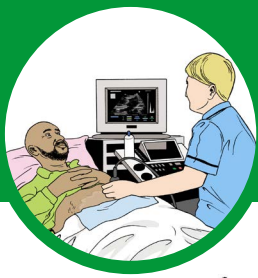
If you are pregnant some scans and x-rays can hurt the baby. So before you go for a scan you must tell the doctor if you think you might be pregnant.



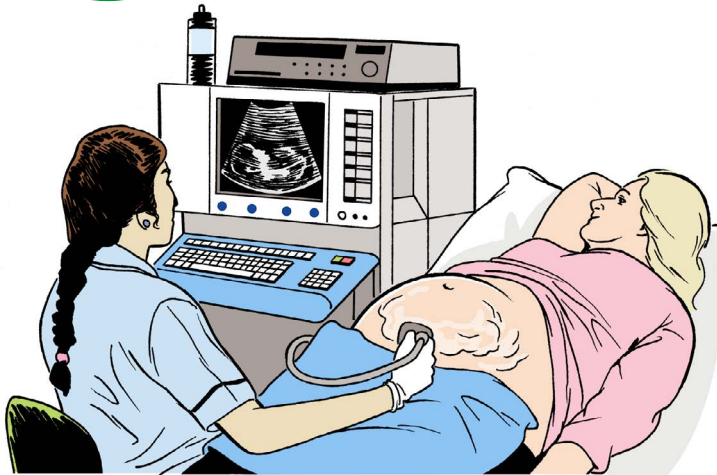
Before you have the scan you might want to ask the radiographer, x-ray nurse or the person who gives you support to tell you what they are going to do.



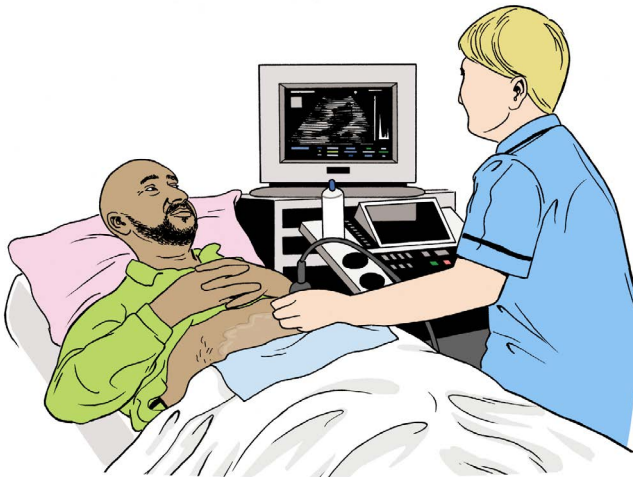
You may also want to visit the hospital with the person who gives you support before you go for the scan. Then you will know what it is like.



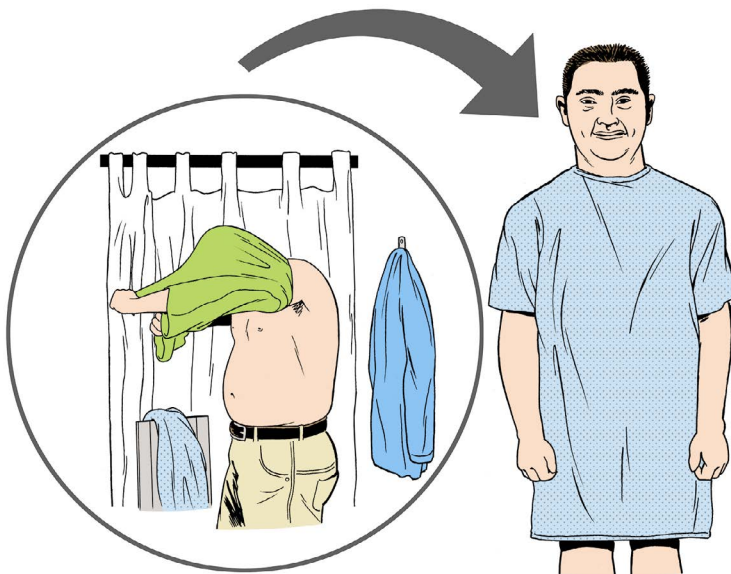
# Having an ultrasound



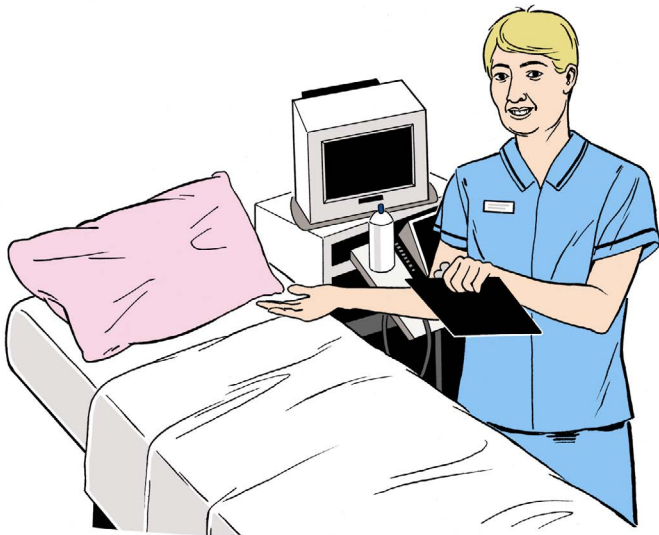
An **ultrasound scan** uses sound waves to make a picture of the inside of the body. They are often used to check babies before they are born.



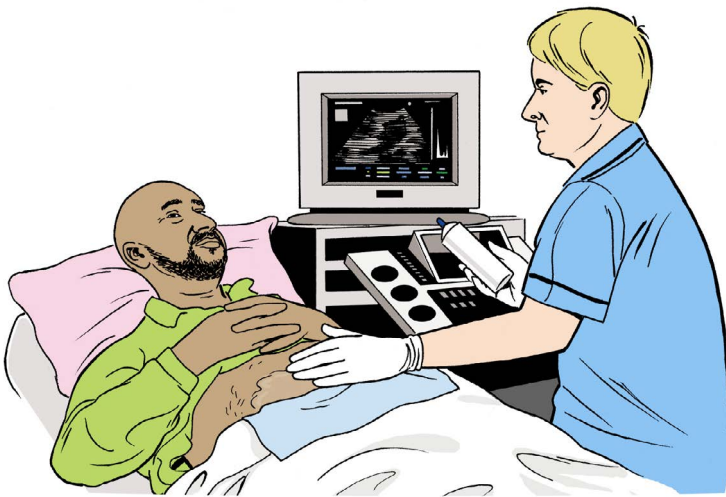
They are also used to check for cancer and other problems inside people's bodies.



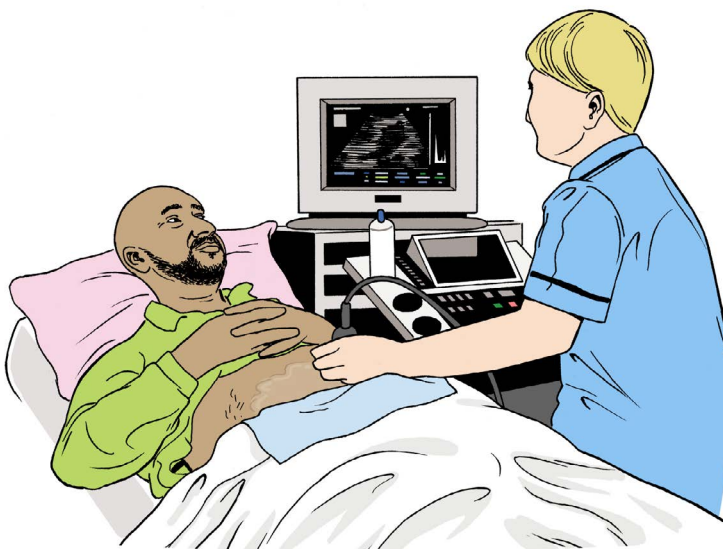
Before your scan you will be asked to take off some clothes and put on a hospital gown. You can usually keep your underwear on.



You will be asked to lie on the bed next to the machine. You might be able to sit up, but it depends on which part of your body is being scanned.

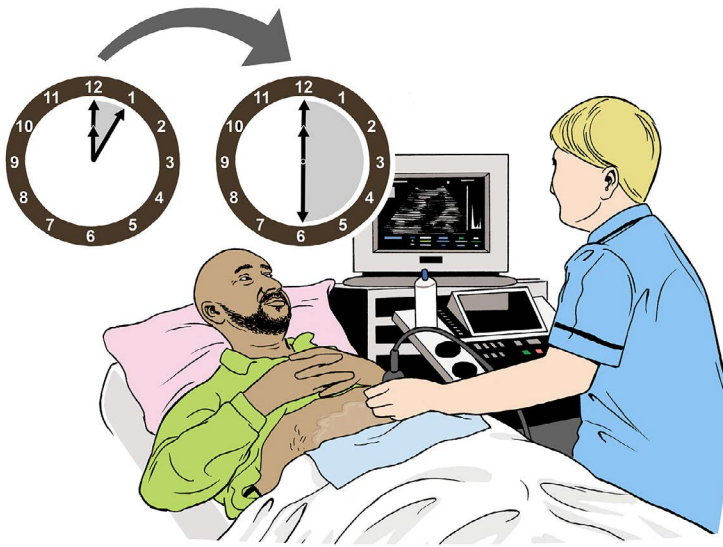


A gel will be put onto your skin where the radiographer is going to scan you. This helps the scan to work better. It might feel cold.

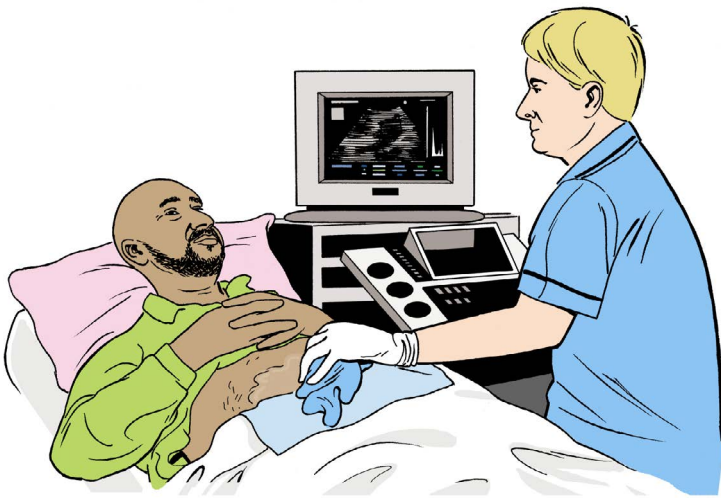


The radiographer will move a microphone over the part of your body that is being scanned. It is not painful but you will feel some gentle pushing.

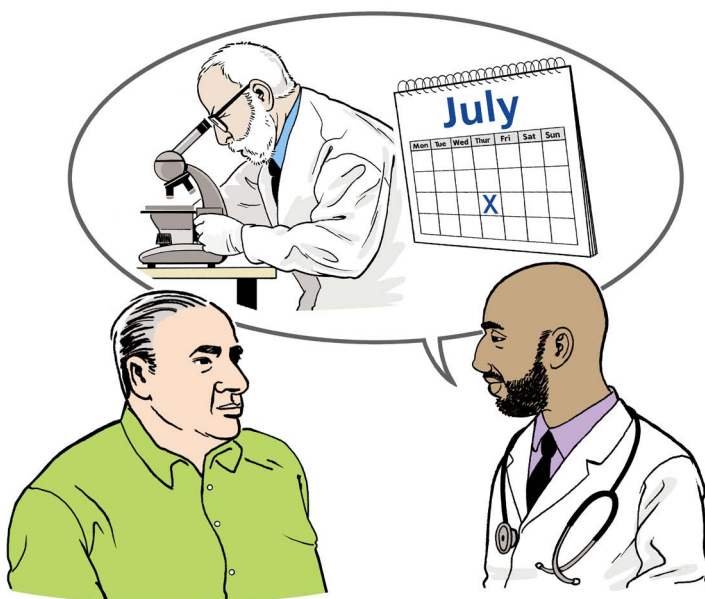




The scan can take from 5 minutes to about half an hour.



At the end of the scan, the radiographer will wipe the gel off your skin. You can then put your clothes back on and go home.

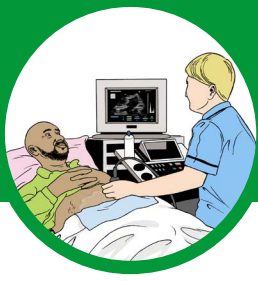


It can take some time to get the results of your ultrasound. It may take from 2 days to 3 weeks. Your doctor will tell you how long you may have to wait.



It can be worrying to wait for the results of medical tests. It may help to have someone to talk to while you are waiting. They can also support you when you get the results.



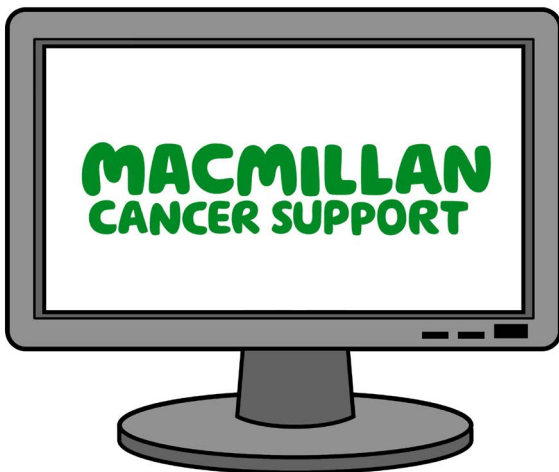


# How Macmillan can help you

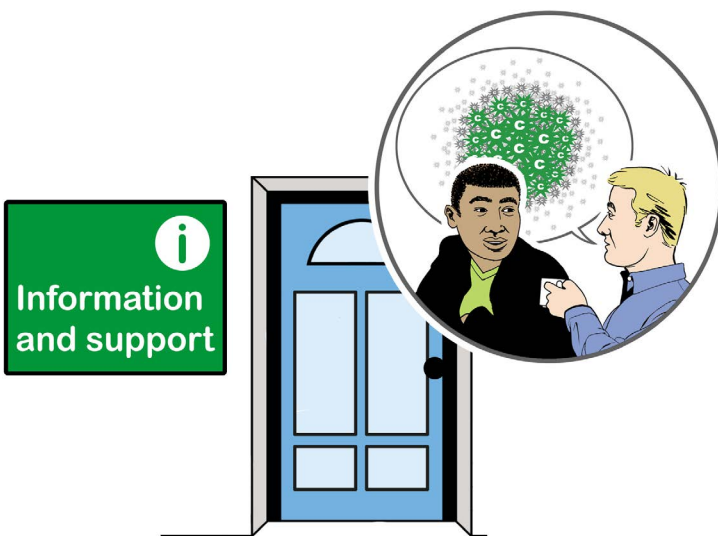


You can get support from:

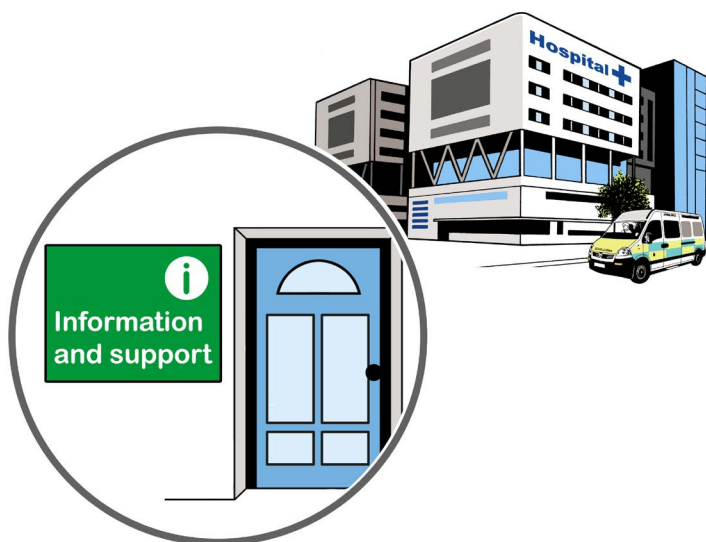
- The Macmillan Support Line.  
Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit [macmillan.org.uk](https://www.macmillan.org.uk) for lots of information about cancer and living with cancer.



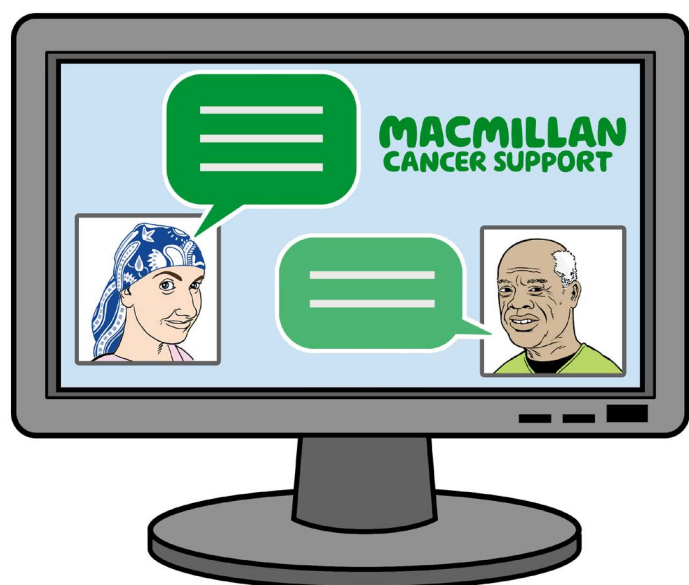
- Information centres. At an information centre, you can talk to a cancer support specialist and get written information.



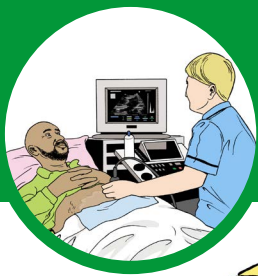
Find your nearest centre at [macmillan.org.uk/informationcentres](https://macmillan.org.uk/informationcentres) or call us. Your hospital might have a centre.



- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://macmillan.org.uk/community)



# More easy read booklets



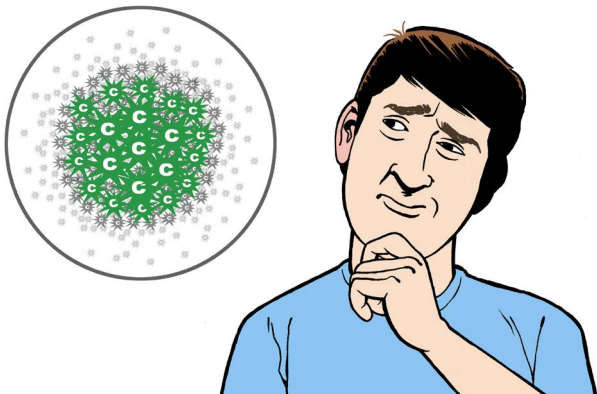
Order more easy read booklets from [macmillan.org.uk/easyread](http://macmillan.org.uk/easyread)

There are booklets on lots of topics:



## About Macmillan

- How Macmillan Cancer Support can help you



## About cancer

- Lung cancer
- What is cancer?

## Signs and symptoms

- Breast care for women
- Cervical screening
- How to check your balls [testicles]
- Screening for cancer
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer







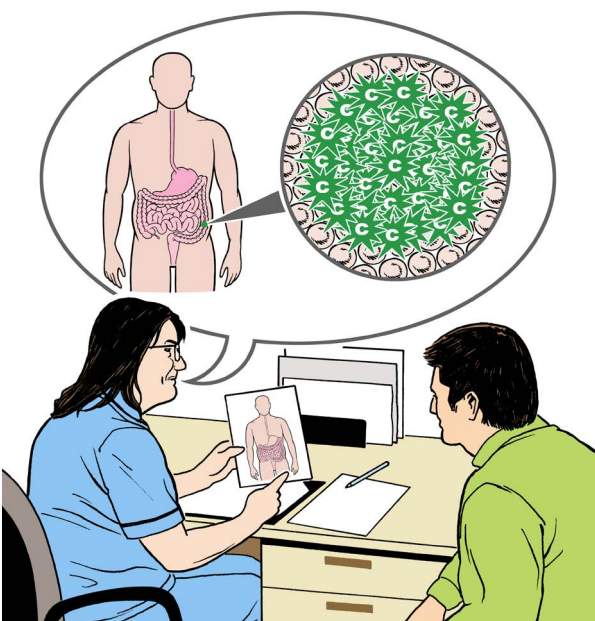
## Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safe sex
- Stop smoking



## Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



## Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



## Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



## Living with cancer

- 7 steps to equal healthcare
- After treatment for cancer
- Claiming benefits when you have cancer
- Complementary therapies
- Talking about cancer and your feelings
- Things that are important to me
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer



## End of life

- Changes that can happen at the end of life
- Choosing where to die
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help if you are dying



## After someone dies

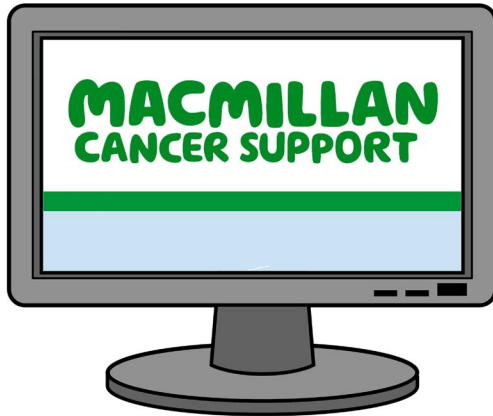
- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](http://macmillan.org.uk/easyread) or call us on **0808 808 00 00**



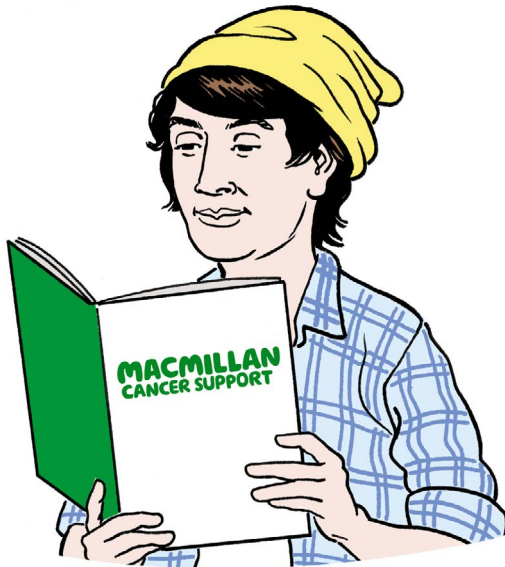


# More information and resources



## Macmillan website

There is lots of information about cancer at [macmillan.org.uk](http://macmillan.org.uk)



## Booklets about cancer

You can order booklets about cancer from [be.macmillan.org.uk](http://be.macmillan.org.uk)



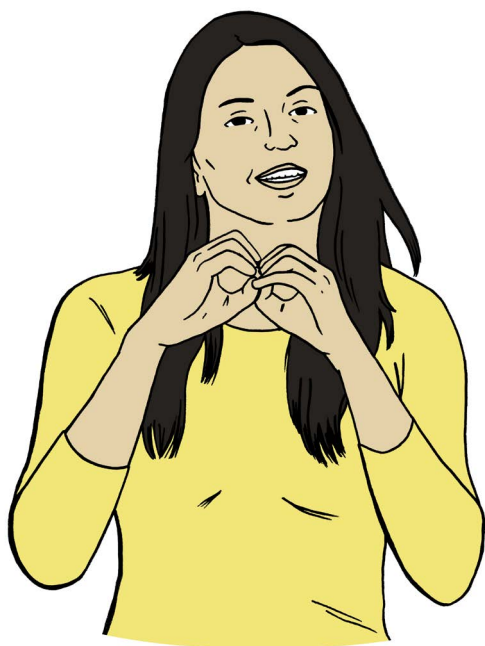
## Videos

You can watch videos about cancer at [macmillan.org.uk/videos](http://macmillan.org.uk/videos)



### Audio

You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](https://macmillan.org.uk/audio)



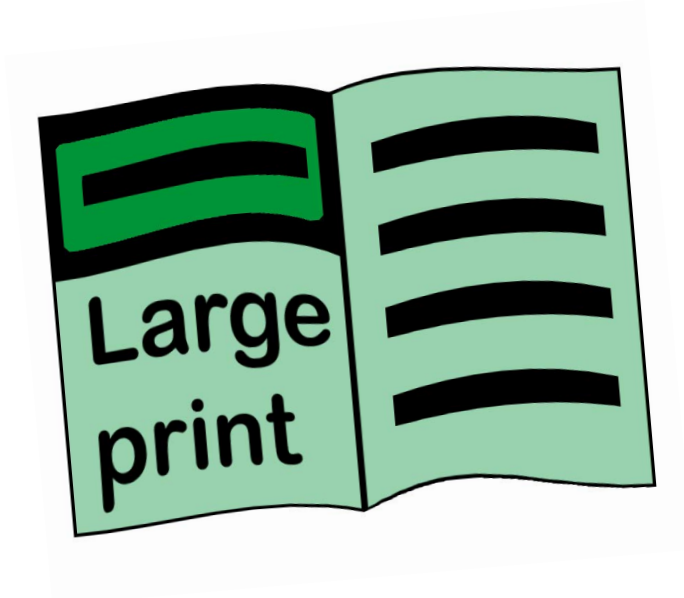
### British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://macmillan.org.uk/bsl)



### eBooks

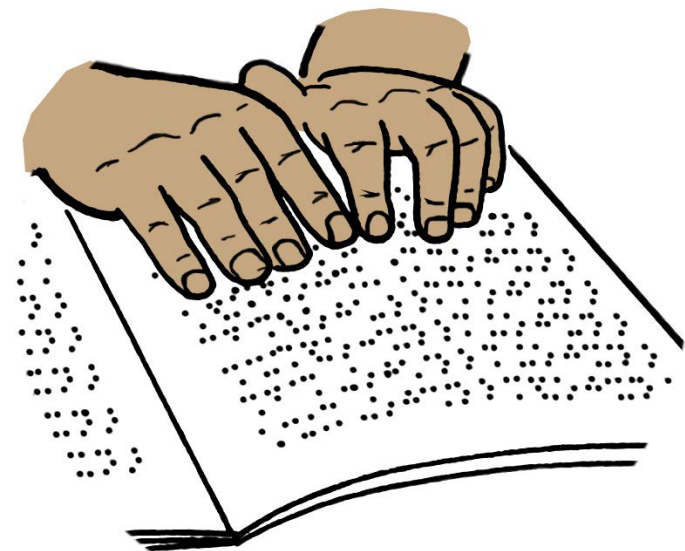
You can get eBooks about cancer from [be.macmillan.org.uk](https://be.macmillan.org.uk)



## Large print

Tell us if you need information in large print.

Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



## Braille

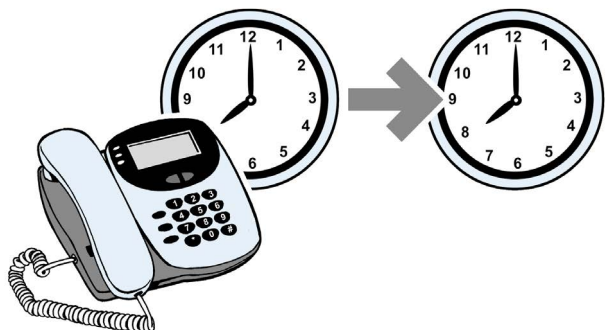
Tell us if you need information in Braille.

Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



This booklet is about cancer.

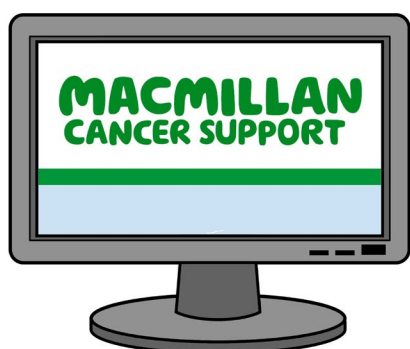
It is for anyone who has a learning disability or who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:  
**0808 808 00 00**  
7 days a week from 8am to 8pm.



- If you use a textphone, you can call the Macmillan Support Line using the Next Generation Text (NGT) service by dialling  
**18001 0808 808 00 00**



- Or go to the website  
**[macmillan.org.uk](http://macmillan.org.uk)**

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