Fatty Liver Ultrasound

Area Examined and Treated	
Areas	• Liver • Right upper abdomen • Gallbladder area, if included • Bile ducts, if included

The Procedure	
Fatty Liver Ultrasound	
Diagnostic	• This is a non-invasive imaging test of the liver • It uses sound waves to create liver images • It does not use radiation • It may help detect fatty changes in the liver • It may help check liver size, texture, cysts, masses, or bile duct changes
Therapeutic	• No treatment is performed during the ultrasound • Treatment recommendations are made after results are reviewed

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GastroDoxs
defenders of the digestive system

Before Your Procedure	
Schedule Your Procedure	
Appointment	Schedule your Fatty Liver Ultrasound appointment with GastroDoxs by phone @ 832-632-4070 or in the office
Location	• An imaging location will be suggested based on your insurance & geographic area • Please refer to the locations page on our website
Insurance	Our team will obtain the required insurance prior authorization, if needed
Financial	GastroDoxs provider fees will be collected if applicable. Imaging center or radiology fees may be separate
Orders	Our team will send your ultrasound orders to the imaging center, hospital
Transportation	• Sedation is not usually used for this • You may usually drive yourself home after the test • Follow transportation instructions if another sedated test is scheduled the same day

Changes	To cancel or reschedule, call or text GastroDoxs @ 832-632-4070
Register with the Imaging Center	
General	• The procedure time slot that GastroDoxs has given to you is an approximate time slot. The final time slot will be determined and communicated by the Endoscopy/Surgery Center. Please arrive at the time the center has instructed you to do so. • A representative from the imaging center, hospital, or radiology facility may call you to discuss the registration process, time & location of your ultrasound
Clinical	The imaging team may discuss the following: • Medication list • Medical History • Liver disease history • Previous liver imaging • Recent lab results

Financial	• Imaging center, hospital, and radiology interpretation fees are independent from GastroDoxs • The other fees not related to GastroDoxs are to be discussed directly with the imaging center or radiology facility • If you have not heard from the financial representative 24 hours before your ultrasound, call them at that time
Clearance	
Clearance Special Situations	• Clearance is not usually needed for fatty liver ultrasound • No anesthesia, needle, or incision is usually involved • Tell the team if you are pregnant, have severe pain, or cannot lie flat • Extra instructions may be needed if another test is scheduled the same day

Medications	
2 Weeks Before	No medication changes are usually needed for this ultrasound • Continue medications unless instructed otherwise • Follow facility instructions if another sedated test is scheduled
1 Week Before	• No blood thinner hold is usually needed • Continue diabetes medication unless fasting instructions change your plan • Continue other medications unless instructed
1 Day Before	• Continue medications unless instructed otherwise • If fasting is required, ask about diabetes medication or insulin
Ultrasound Day	• Take medications as instructed by the imaging facility • Some facilities allow medicine with a small amount of water • Do not stop medications unless instructed

Other	• The imaging facility may give different instructions based on appointment time • Follow facility instructions if they differ • Call GastroDoxs with questions
Diet Instructions	
2 Weeks Before	
Foods	No change unless instructed by your provider
Liquids	Drink water as usual unless instructed otherwise
1 Week Before	
Foods	No special diet change is usually needed Continue any liver diet, low-sugar diet, weight management diet, or low-fat diet recommended by your provider

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Liquids	Drink water as usual unless instructed otherwise
1 Day Before	
Foods	• Follow facility instructions • A low-fat dinner may be recommended if gallbladder imaging is included • Avoid heavy, greasy meals if instructed • Do not drink alcohol
Liquids	• Follow facility instructions • Some facilities allow water before the test • No alcohol • Ask if water is allowed during fasting
Ultrasound Day	
Ultrasound Day	• Fasting may be required before liver or abdominal ultrasound • Many facilities ask patients not to eat or drink for 6-12 hours before the test • Ask how to take morning medications if fasting is required

Ultrasound Preparation Instructions	
Preparation Instructions	Follow all facility instructions • Bring insurance card and photo ID • Wear comfortable clothing • Avoid heavy or greasy meals if instructed • Fast if the facility tells you to fast • Ask if water is allowed before your test • Bring prior imaging reports if available • No bowel preparation is usually needed • No sedation is usually used • Call GastroDoxs with questions

Procedure Day	
Diet	Follow the imaging facility food and liquid instructions
Arrival	• Please arrive at the time given by the imaging facility • You will check in at registration when you arrive

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Pre-Test	• The imaging team may confirm your name, date of birth, and order • Your medical history may be reviewed • You may be asked when you last ate or drank
Sedation	• Sedation is not usually used for fatty liver ultrasound • No intravenous sedation medication is usually needed during the test
Position	• You will usually lie on your back and may be asked to turn slightly to one side
Imaging	• Warm ultrasound gel will be placed on the skin over the abdomen • The technologist will move a handheld probe over the right upper abdomen • You may be asked to take a deep breath or hold your breath for a few seconds

Post-Test	• The gel will be wiped off your skin • You can usually return to normal activity right away • You can usually eat and drink after the test unless another test is scheduled
Diagnostic	• Images may show liver size, liver texture, and fatty changes • Images may also help check for liver masses, cysts, bile duct changes, or fluid
Therapeutic	• No treatment is performed during the ultrasound • No biopsy is usually taken during this test
Radiologist	• A radiologist will review the ultrasound images • The radiologist will prepare a report • The report will be sent to your provider

Follow-Up	• Our providers will review the report in detail • The findings will be reviewed with you in detail upon follow-up

After Your Procedure	
Recovery	• No recovery time is usually needed • You may return to normal activities after the ultrasound • There is usually no pain after the test
Transportation	• You may usually drive yourself home • No driver is usually required • Transportation restrictions apply only if another sedated procedure is scheduled the same day

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Symptoms	Normal post test symptoms: Mild temporary pressure feeling from the ultrasound probe • Slight skin stickiness from gel residue • No major symptoms are expected Abnormal post test symptoms: • Severe abdominal pain • Fever > 100 • Vomiting • Yellowing of the skin or eyes • Any other severe or unusual symptoms • Please call 911 & go to the nearest emergency room
Appointment	Ensure that you have a follow-up 2-3 weeks after the ultrasound
Results	Your results will be discussed in detail. Treatment recommendations will be given
Questions	Call or text GastroDoxs @ 832-632-4070