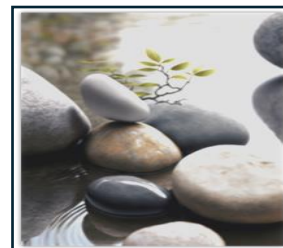


Pelvic Floor Ultrasound

A Patient Guide for the New Zealand Female Pelvic Mesh Service



To help guide you through the experience of a Pelvic Floor Ultrasound we have put together some of the most frequently asked questions from patients.

What is a Pelvic Floor Ultrasound?

A Pelvic Floor Ultrasound (PFUS) has been scheduled for you. This information sheet explains the procedure. Feel free to ask the sonographer or radiologist any questions you have about the PFUS when you meet them.

The PFUS includes 3 and 4-dimensional imaging. It helps assess issues like urinary leakage and pelvic organ prolapse. It's particularly useful if you've had previous surgery including surgical mesh surgery.

Can I bring someone with me?

Yes, you can.

Because the sonographer and radiologist need to fully concentrate, we politely ask that you do not bring infants and children into the scan room.

What do I need to do to prepare for an ultrasound

If you've had an abdominal ultrasound before, you'll see that the machine looks similar, although the test itself is a bit different. We will talk you through what you need to do on the day when we book an appointment with you.

The scan will take between 60 and 90 minutes. Sometimes you will be asked to fill your bladder prior to arrival.

What happens during a Pelvic Floor Ultrasound

During the scan, a gel will be applied to your lower belly, and a small device called an ultrasound transducer will be used to take pictures of your pelvic organs. We will also need to do a scan inside your vagina or on the outside of your labia.

You may be asked to push or strain and relax your pelvic floor muscles during the scan. Some leakage during the scan is expected and is part of how we assess your pelvic floor. We don't want you to feel embarrassed by this, we are set up for it and a toilet is nearby.

Do I have to have an internal exam?

In most cases, an internal ultrasound scan is necessary. This allows us to clearly locate and assess the mesh or any related injury, giving your healthcare team the most accurate information. Your sonographer or radiologist will explain this, answer your questions and ask for your consent on the day.

Will this cause me pain?

Sometimes, the ultrasound can cause discomfort or pain, particularly if you already experience ongoing pain. To ensure the best results, we recommend taking your regular pain relief before the procedure and bringing any medication you may need to take afterward.

If you feel any pain during the scan, let the sonographer know. They can provide you with paracetamol and discuss other ways to help make you more comfortable.

Why is the room so dark?

Ultrasound rooms are dark to help the radiologist see the images clearly and create a calm environment for you.

I am feeling anxious about the scan, is there anything I can do to help?

Yes, there are several ways to make an exam more comfortable:

- Bring a support person with you
- Consider bringing something to distract you, like music and headphones or a stress ball
- Practice relaxation techniques
- Let the radiologist know about any concerns or anxieties you have. They can explain the procedure in detail and answer your questions.

How long will it take to get my results?

The radiologist will explain the images on the day, but the full report will take about two weeks to reach the Mesh Service.

We may see things like cysts, or small kidney stones. Generally, we don't discuss these on the day, but we will describe them in your report.

If you would like a copy of the report, please ask your designated Nurse Specialist in the Mesh Service.

Can you see my mesh, and can you show it to me?

If you have surgical mesh in your pelvis, most times we can see it and show to you. For patients who have had parts of the mesh removed it can be difficult to find the remaining mesh.

Sometimes other organs, like your bowel can get in the way of seeing everything we want to see.

About Us

Pelvic Floor Ultrasound for mesh complications is a specialist field of radiology. There are only-six centres in New Zealand doing these scans.

They are Auckland Radiology Group, Pacific Radiology in Wellington and Christchurch, North Shore Hospital, Greenlane Clinical Centre and Christchurch Hospital.

Contact Us

If you have questions about your scan, please contact the radiology centre where your scan is booked.

If you don't have a scan date yet and want to ask questions, please contact your designated Nurse Specialist in the Mesh Service or email them at nzfpms@tewhatuora.govt.nz