

GYNECOLOGICAL ULTRASOUND (ENDOMETRIOSIS)

A transvaginal ultrasound will be performed to examine the uterus, ovaries, urinary bladder, the area behind the uterus and cervix, the vagina, and the final section of the intestine (rectum and sigmoid). In order to visualize the intestinal walls correctly, the intestine must be free of stools, that is why a simple intestinal preparation is required. In some cases, the vaginal ultrasound is supplemented with an abdominal ultrasound to view the kidneys and / or other structures of the abdomen.



DURACIÓN:

20 min.



ALIMENTACIÓN:

Dieta baja en
residuos



MEDICACIÓN:

Enema
Casen®

THREE DAYS BEFORE

Follow a diet low in waste (see chart)

YOU CAN EAT

PROTEINS AND CARBOHYDRATES

Meat, chicken and fish, boiled or grilled
Eggs
White rice
Filtered broth
Italian pasta
Cookies and toast without fiber
White bread and toast (not whole)
Filtered juices (no pulp or dissolved fiber)
Coffee, tea and non-carbonated beverage
low-fat dairy products
Low fat cheeses

CAN NOT EAT

FIBER AND FAT

Fruits, vegetables, legumes and salads
whole-meal products and cereals
Food cooked with sauces
Stews
Cold meats (chorizo, salami, etc)
Cakes and pastries
Chocolate
Whole milk
Carbonated beverages
Juices with pulp
Yogurts with fruit or cereals

THE DAY BEFORE

- Follow a liquid / soft breakfast and dinner (for example, a pasta soup and a French omelette).
- Apply Enema Casen®* 250 ml before going to sleep.

THE SAME DAY

- If the ultrasound is after 3p.m, you can have breakfast according to the table above. Fast for at least 6 hours before the time of your test (you can drink water).
- It is not necessary to hold your urine.
- Ultrasound can be performed at any time during the cycle, including during menstruation.
- Apply 250 ml Enema Casen®* between 1 and 3 hours before the ultrasound.

* During intestinal preparation, stomach cramps or itching may occur in the perianal area.