Preparing for your Child’s Ultrasound

Ultrasounds take pictures of the inside of the body using sound waves. A special wand called a transducer bounces sound waves off of internal organs and tissues and sends them to an ultrasound machine where they appear as live images on the screen. Before the ultrasound you will be given instructions regarding what your child may or may not eat or drink prior to the exam. Some ultrasounds require a full bladder. Your child may be asked to change into a gown.

During the ultrasound your child will lie down on a bed in a darkened room.

The sonographer will put gel on the transducer and on the parts of your child’s body that will be examined. Your child will need to hold very still during the exam.

The sonographer will glide the transducer over your child’s body. This may feel uncomfortable or tickle a little. Your child may be able to view the ultrasound pictures on the computer screen.

Parents are encouraged to help their child remain relaxed and still during their ultrasound.
Ultrasound Preparation Tips
For babies or young children, pack a pacifier, stuffed animal or other comfort item. Older children and teens may enjoy a movie, electronic game or other distraction during the test.

Explain to your child what will happen during the ultrasound and why the test is needed. Show your child photos of ultrasound equipment. Tell your child that ultrasounds are safe and do not hurt. Encourage him or her to practice holding still.

You may bring a stuffed animal or other comfort item for your child to hold during the test.

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