



## Ultrasound Model Instructions

Ultrasound is thought to be completely safe. After literally millions of ultrasound exams done on humans, there are no reports of adverse effects to patients or sonographers. Ultrasound utilizes sound waves to create images on the screen that the sonographer will interpret. There is no radiation exposure with ultrasound.

The following is a list of instructions for models. There are three types of models to be used in the course:

- (1) Transabdominal, Neck, Testicular and Cardiac
- (2) Transvaginal
- (3) Testicular and Lower Extremity

Each “type” has a different set of instructions. Do not hesitate to ask questions if you are unsure about something or have concerns about how the course or the training labs will be conducted.

### Transabdominal, Neck and Cardiac

1) Do not eat anything 3 hours before the beginning of the lab. On the day of the lab, do not eat anything “heavy” such as hamburgers, tacos, pizza, cheese, etc.

2) Wear comfortable clothing. During the lab, the students will be applying an ultrasonic gel on you to help with creating the images of your internal organs. The gel is water-based, non-toxic, non-allergenic, and dries in minutes, leaving a faint white film that is easily rubbed off. It will not damage clothes, and does not leave an odor.

3) Upon entering the lab, you will be placed at a specific training station. Each station will have an exam table, an ultrasound machine, and an instructor. The instructor will help prepare you for the lab. Male cardiac models will be asked to remove their shirt and lay on the table. Female cardiac models are asked to wear a sports bra. Once you are lying on the table, you will likely have additional drapes placed over you to keep you warm with as little exposed as possible.

4) Once the lab starts, participants will rotate through your station. Each participant will go through a series of maneuvers with the instructor for that station. You, as the model, will mostly lie on your back, but occasionally you will be asked to lie on your right or left side. Most people find the lab very soothing and some fall asleep.

5) When looking at the heart, the students and instructor will need to place the ultrasound probe around your left breast. Female models are asked to wear a sports bra.

6) If at any time you have questions or concerns, ask the station instructor or one of the other course staff.

## Transvaginal

1) On the day of the lab, you may eat anything that you wish.

2) There are no contraindications to your participating in the training lab EXCEPT if you are pregnant. There is no evidence that ultrasound is harmful to pregnancies. In fact, ultrasound is routinely used to image pregnancies of all ages. Nonetheless, we would like to avoid imaging pregnant women in the training lab.

3) It does not matter if you are menstruating. The course staff and students are physicians who routinely deal with menstruating females. There is no danger to you, the students, the instructors, or the equipment if you are actively menstruating at the time of the lab.

4) Wear comfortable clothes. Many models wear a long skirt that they can pull up or comfortable, loose, gym shorts.

5) During the lab the students will be using an ultrasonic gel that helps create the images of your internal organs. The gel is water-based, non-toxic, non-allergenic, and dries in minutes, leaving a faint white film that is easily rubbed off. It will not damage clothes, and does not leave an odor.

6) Upon entering the lab, you will be placed at a specific training station. Each station will have an exam table, an ultrasound machine, and an instructor. The instructor will help prepare you for the lab. You will be shown the transvaginal probe. It will be covered with a non-latex sleeve. The instructor can assist you in inserting the probe, or if you are more comfortable placing the probe yourself, the instructor will leave the room, you will lie back on the exam table in a "frog-leg" position and insert the probe. You will then cover the lower half of your body with a sheet and blanket.

7) The instructor will then return with the students. Each student will place his or her hand under the sheet and grasp the end of probe outside your vagina. The instructor will guide each student through several maneuvers to image your pelvic organs. You will not be exposed during the lab. You will not have the probe introduced into you by any of the students.

8) At times you will need to urinate. This is usually evident from the ultrasound images on the screen. As your bladder fills up it will begin to distort the images of the other organs in your pelvis. Therefore, anticipate breaks every 45 to 60 minutes.

9) If at any time you have questions or concerns, ask the station instructor or one of the other course staff.

## Testicular and Leg Extremity

- 1) Upon entering the lab, you will be placed at a specific training station. Each station will have an exam table, an ultrasound machine, and an instructor. The instructor will help prepare you for the lab.
- 2) Wear sweat pants and boxers or underwear. During the lab, the students will be placing warmed ultrasonic gel on your groin, leg or testicular area to help with creating the images of your testicles or veins. The gel is water-based, non-toxic, non-allergenic, and dries in minutes, leaving a faint white film that is easily rubbed off. It will not damage clothes, and does not leave an odor.
- 3) Testicular models will be asked to remove their underwear or boxers and lay on the table. Once you are lying on the table, you will have additional drapes placed over you to expose only your testicular area.
- 4) Leg models will be asked to remove their sweat pants only. Once you are lying on the table, you will have additional drapes placed over you to expose only your upper and lower legs.
- 5) Once the lab starts, participants will rotate through your station. Each participant will go through a series of maneuvers with the instructor for that station. You, as the model, will lie on your back in a comfortable position.
- 6) If at any time you have questions or concerns, ask the station instructor or one of the other Course staff.