

# TRANSABDOMINAL PELVIC ULTRASOUND

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Recommended Transducer(s):

GE: 3.5 or 5 MHz curbed linear probe

Acuson: 4C1 Curved Linear Array, 4V1 Vector

Transabdominal pelvic ultrasound should be performed on all female patients who are not sexually active and/or have refused a transvaginal ultrasound exam.

Transabdominal pelvic ultrasound should be performed on all minors unless the guardian has consented to a transvaginal exam.

The uterus, ovaries and cul-de-sac should be studied and imaged in two projections, long axis and transverse with measurements of all necessary normal and abnormal anatomy.

**Preparation:** A fully distended urinary bladder is mandatory for an adequate exam.

## Uterus

In evaluating the uterus, the following should be documented: a) the uterine size, shape and orientation; b) the endometrium and c) the cervix. The vagina serves as a landmark for the cervix.

- Sagittal:
- long axis, from the fundus to the inferior tip of the cervix.
  - "AP" dimension, the largest distance between the anterior and posterior margin of the uterine body, perpendicular to the long axis.
  - Uterus with cervix and cul-de-sac: The entire uterus including the cervix should be evaluated for contour changes, echogenicity and masses. The cul-de-sac should be evaluated for the presence of free fluid and masses. If a mass is detected, its size, position, shape, echo pattern and relationship to the uterus and ovaries should be documented. Be sure to differentiate between normal loops of bowel and a true mass.
  - Uterus with endometrial stripe. Measure the thickness of the endometrial stripe taken from the outer Echogenic borders. If present, the ill-defined hypoechoic rim around it should not be included. The endometrial stripe should be analyzed for echogenicity, uniformity and its position within the uterus. Any fluid or mass in the endometrial space should be documented.

- Transverse:
- Uterus at the level of the cervix.
  - Uterine lower segment.
  - Uterine mid-body. Measure greatest width.
  - Uterine fundus.

## Ovaries

**Sagittal:** For each ovary, measure the longest dimension and an “AP” dimension measured perpendicular to it.

**Transverse:** For each ovary, measure the widest dimension in this plane.

Survey the area of the fallopian tubes for abnormalities, particularly dilated tubular structures. If an adnexal mass is noted, its relationship to the ovaries and uterus should be documented. Its size, echo pattern and vascularity should be determined.