

## ~Steps and tips to creating great ultrasound images~

1. **Ensure that the correct probe and the correct machine pre-sets are selected.**

This is important because ultrasound probes have different frequencies.

**\*\*Example:** Linear probe selected with vascular setting for a venous/arterial ultrasound exam .

2. **If possible; read the patient chart or gather medical history to help you prepare.**

Also, obtain prior results for the corresponding scan. This will help guide and prepare you for the patient better.

**\*\*Example:** reading the patient's chart before an abdomen exam and noting that the gallbladder was removed 5 years ago, will save you some time. Don't be surprised that most times the patient themselves don't even remember having an organ taken out years ago...or even more recently! Take heed to the fact that some patients may have psychological disorders and cannot provide correct information. Therefore, it is very important to double check the chart or speak with the Doctor or Nurse if you are unsure.

3. **Ensure you are using an adequate amount of gel and applying enough pressure on the probe while scanning. \*\*\***use your pinkie as an anchor while scanning to help from sliding.

4. **Ensure the depth is ideal;**

the organ you are focusing on should occupy 3/4 of the screen and be centered.

5. **Adjust gain settings (brightness setting) .....throughout the scan!**

I rarely take my fingers off the gain adjustments while scanning. Gain settings will need to be adjusted throughout the scan. It is also easier to view images in a darkened room.

Example: changing the depth will change the appearance of the gain due to a change in the frequency. Furthermore, brightness varies with certain angles.

6. **Increase the focus.** Some machines allow for increase of focal points. A greater number of focal points will lead to a better visibility of larger organs.

7. **Ask for help!** It is ok not to know everything. Even experienced techs are always learning!