



Ultrasound Model Instructions

Ultrasound is thought to be extremely 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:
Transabdominal, Neck, and Cardiac

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. For more information from the FDA go to www.fda.gov/medicaldevices/scienceandresearch/researchprograms/ucm477417.htm.

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 (shorts/t-shirt).** 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.