



Hip Ultrasound Instructions

What is an ultrasound?

An ultrasound is a painless exam that uses sound waves (with no radiation) to create images of the body. A sonogram is the image produced by the ultrasound. A hip ultrasound is often completed for newborns and infants who are at risk of having a dislocated hip joint.

What happens during a hip ultrasound?

- A child life specialist may be available to help prepare, distract and support your baby. Child life specialists help ease fears and anxieties that some children have during hospital visits.
- A parent or guardian can stay with their baby during the exam.
- Your baby will lie on a soft table.
- Your baby's doctor will let you know if the ultrasound can be done in or out of a harness.
- The ultrasonographer will put a warm gel on your baby's skin.
- He or she will rub a wand over the hip area to see both hip joints. You may be able to see pictures on a monitor.
- The ultrasonographer will move your baby's legs and hips as directed by the doctors.
- The exam may take about 30 minutes.

How do you prepare for a hip ultrasound?

- Please bring a bottle to help your baby relax during the exam.
- Give all medicine at the regular times unless the doctor or nurse tells you differently.

If your child is ill (fever, cough, flu, etc.), please cancel or reschedule your child's appointment. If you have any questions or concerns about this procedure, please call: Dallas 214-559-8572
Frisco 469-515-7190