

Hernia

- Prep: None
- Basic Principles: Use the highest frequency transducer possible for proper penetration. Use the most symptomatic patient positioning (supine, upright, etc.)
- Document site of pain/lump and identify abdominal wall layers
- Take static picture before and after valsava
 - Use cine clips as needed
- Identify the contents of the hernia
 - Fat, bowel or combination
- Determine if reducible - use fingers if needed
- Measure size:
 - Neck
 - Herniated portion
- Image contralateral side for comparison if needed

Measurements

- A split screen should be used for anything that is measured in 3 dimensions. This applies to all ultrasound protocols.