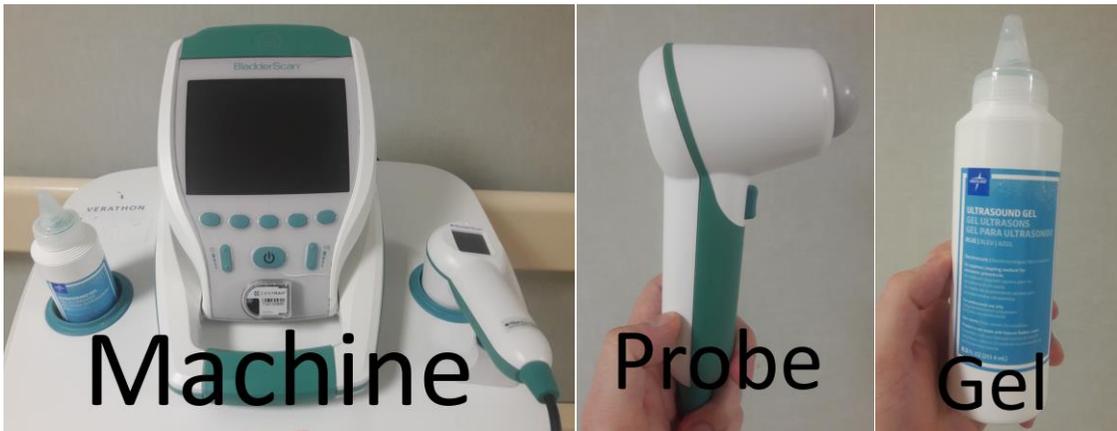


Supplies

All of the supplies you need are as follows:

- The bladder scanner machine with the probe attached
- A bottle of ultrasound gel
- A wipe that is safe for human skin
- A sanitary wipe to clean the machine



Step by Step Instructions

1. First, make sure the bladder scanner is in working condition and the battery is charged enough to perform a scan.
2. Check and double check to make sure it is on the correct setting. There are typically three of them which include male, female, and child. Note that if the patient is female but has had a hysterectomy done in the past, use the male option.
3. Make sure the patient is lying completely or nearly flat on a bed or exam table. Then expose their lower abdomen and pubic area. Be sure to keep privacy in mind.
4. Warn them that the ultrasound gel may be a little cool on their skin and squeeze the bottle until there is a quarter sized amount, or about 3 cm in diameter, of gel slightly above their pubic bone. This area is between their belly button and genitals. A little too much gel is better than not enough.
5. Grab the probe which is typically shaped like a bar code scanner or a microphone. It has a wire that is attached to the machine at one end, and a rounded off part at the other end. Place the rounded end onto the gel and slightly move it around the area so the gel is distributed evenly.
6. Push and hold the scan button until you hear a beep. You should see a circle of urine on the monitor. If the urine is not centered on the screen, move the probe slightly and scan again. The scanner I'm familiar with will even point you in the direction where you need to move the probe. Tilting it down towards their tailbone may also help get a clearer reading.
7. Keep moving the probe and scanning until the urine is centered on the screen. This should give you the most accurate reading, which also typically ends up being the largest amount of urine scanned. Many machines also give you the option to save or print the end result.
8. Afterwards, don't forget to wipe off the gel on the patient's abdomen with a wipe that is safe for human skin. Then use a sanitary wipe to clean off the probe before putting it away.