

Overview

Intestinal ultrasound (IUS) is a test that uses sound waves to create pictures of your intestines. It helps your care team see what is happening inside your belly. The pictures can show if your intestines are swollen, thicker than normal, or have other changes. This test is often used for people with Crohn's disease or ulcerative colitis (also called inflammatory bowel disease, or IBD). IUS is different from CT scans or MRI scans. It does not use radiation or require you to drink or receive any special dye. It can be done right in the clinic, sometimes during your regular visit. Your care team can see the results right away, which helps them make decisions about your care.

Why is IUS Done?

Your provider may want to do IUS to:

- Check how active your disease is or how well your treatment is working
- Look into new or changing symptoms, like belly pain or diarrhea
- Watch for flare-ups or healing over time
- Look for problems like narrowing of the intestines
- Help decide if other tests, like a colonoscopy, are needed

What Happens During IUS?

- **Getting ready:** You do not need to do anything special to get ready. No fasting, no bowel prep, and no special drinks are needed.
- **During the test:** You will lie down on an exam table. A clear gel will be put on your belly. This helps a small handheld tool called a transducer slide smoothly over your skin. Your provider will gently move the tool over your belly and sides to take pictures of your intestines. You may feel some pressure, but the test should not hurt.
- **How long it takes:** The test usually takes about 15 to 30 minutes.

What Happens After IUS?

- You can go back to your normal activities right away.
- There are no side effects, and you do not need any recovery time.
- Your provider may go over the results with you right away or talk about them at your next visit.
- The results help your care team make decisions about your medicines, treatment changes, and next steps.

When Will I Have Another IUS?

Your care team will decide how often you need IUS based on your condition and treatment plan. Many patients with IBD have IUS when they are first diagnosed, after starting a new medicine, and from time to time to check on their disease.

Resources

If you have any questions, please contact our office at **612-871-1145**.