EXAMINATION REVIEW FOR ULTRASOUND
ABDOMEN & OBSTETRICS
AND GYNECOLOGY

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To Lisa, Devin, and Reagan:

Lisa,
This book would not be possible without your faith in my abilities as a writer and the sacrifices that you have made for me over the past few years. Thank you for all of the things you do for me and our kids. You are the perfect wife, mother, role model, and friend. I simply don’t deserve you, but I thank God every day that you are mine. I love you.

Devin,
You are the smartest little boy. I am so proud of you. Thank you for letting Daddy work on his book when you wanted to play sometimes. I know that you have sacrificed as well. I pray that you continually seek the will of God in your life. I love you.

Reagan,
You are a little miracle and the prettiest, sweetest, and most cooperative little Penny ever. You have been such a blessing to all of us. When you were born, you stole my heart. I pray you keep it safe and close to yours. I love you.
Recognizing the educator within the sonography profession is straightforward; we are all educators. Whether our interaction with students is in the classroom or clinical setting, we have all actively been involved with educating individuals who may someday perform a sonographic examination on us. Therefore, as well-trained healthcare professionals, we must appreciate the significance of obtaining and maintaining national certification.

**OBJECTIVE**

Our responsibility in advancing the diagnostic significance of sonography is obvious, but more importantly, we must be capable of providing consistent high-quality patient care. Standardized testing through credential granting organizations such as the American Registry for Diagnostic Medical Sonography and American Registry of Radiologic Technologist affords our profession a means of necessitating competency, a competency that all patients not only expect but deserve. Accordingly, the objective of *Examination Review for Ultrasound: Abdomen & Obstetrics and Gynecology* is to provide a comprehensive review in sonography of the abdomen, nongravid female pelvis, and obstetric patient, and the foundation for its content is based on the examinations offered by the above-mentioned organizations.

**ORGANIZATION**

The challenge of constructing a universally functional certification review book lies not only in the presenting of vital information in a comprehensible and yet basic format, but also in providing the user with a tool for knowledge assessment as he or she prepares for the examinations. Each chapter of this book offers opportunity for individual evaluation.

A list of key terms is provided at the beginning of each chapter, which should allow for a rapid assessment of one’s familiarity with the associated material. In the back of the book the student will find a glossary of all the key terms mentioned throughout the book for easy reference. The combination of basic tables, easy-to-read narrative, and high-quality images offers the reader the opportunity to evaluate notable, uncomplicated details of each topic discussed. Basic review questions are provided at the end of each chapter to help the reader determine if additional studying is needed before progressing further. An answer key for all the review questions is provided in the back of the book.

In general, the book is divided into three sections: Section 1, Abdominal Sonography Review; Section 2, Gynecologic Sonography Review; and Section 3, Obstetric Sonography Review. The overall configuration of each section and enclosed chapters are unlike competing texts in several ways.

In the abdominal section, the initial information of each chapter focuses on normal anatomic and sonographic anatomy. Only the most imperative anatomic facts of each structure are offered, with the intention of not overwhelming the reviewer with an immense amount of information. Next, abdominal pathology is presented in a logical manner, again providing only the most crucial information. After the narrative summary, a concise synopsis of clinical findings and sonographic findings is listed. Furthermore, the reader will find that the abdominal section contains broader chapters on major abdominal organs, such as the liver and kidneys, while supplementary, smaller, and yet thorough chapters on the bile ducts (Chapter 4) and the adrenal glands (Chapter 8) are also included.

Section 2, the gynecologic section, contains a detailed review of the female pelvis and pathology that can be either revealed or further evaluated with the use of sonography. The format is much like the abdominal section, with both clinical and sonographic findings offered. Unique chapters to this text include an entire chapter (Chapter 19) dedicated to understanding the menstrual cycle, an essential element of physiology that must be appreciated in order to do well on the examinations, and chapters solely dedicated to understanding the significance of postmenopausal sonography (Chapter 20) and female infertility (Chapter 21).
Throughout the pages of the obstetric section, Section 3, the reader will find accommodating narrative as well. The focus of the obstetric section is placed more on the visual sonographic findings of fetal abnormalities. Since the clinical manifestations of many fetal disorders are not always obvious, vital sonographic images and diagrams are offered. Distinctive topics can be found within the obstetric chapters as well. For example, in Chapter 24, the significance of understanding and recognizing neural tube defects and the brain is discussed. Also, under “Fetal Spine Abnormalities” in Chapter 26, a description of the relationship between spina bifida, alpha-fetoprotein, and folic acid supplements can be found.

**ADDITIONAL RESOURCES**

The registry review does not end with the conclusion of this book. Because computer-based testing has become the principal device for administering certification examinations, we have supplied the student with an opportunity to take a computer-based mock exam: registry review examinations in all three subjects are provided online to those who purchase this book. By accessing thePoint at thepoint.lww.com/Penny_AbObGyn1e, the reader will have the opportunity to take computer-based examinations with more intense “registry-like” questions.

Other instructor and student resources and review materials also can be found online: the faculty resource center includes an image bank, chapter outlines, PowerPoint presentations, and the mock exams. The student resource center includes the mock exams and an image bank.

**FINAL NOTE**

The material contained is deliberately not exhaustive so that the review isn’t hindered by an overwhelming amount of statistics and superfluous information. Therefore, there are several uses for this book that are inherent in its arrangement. It is certainly suitable for implementation in the classroom environment. Instructors offering registry review classes would significantly benefit by adopting this text. The structure will provide the educator with the opportunity to assign a review of one topic at a time, while affording the recognition and correction of subject matter weaknesses. It should also be helpful to individuals who have completed a formal educational program and who need a realistic gauge of material mastery before attempting the examinations. Lastly, in the clinical setting, this text could be employed as a tool for sonographers, whose complicated daily tasks include correlating clinical presentations with sonographic findings quickly.

The expectation of this book is for it to assist those of you who plan on attempting these difficult examinations that often are used to define our proficiency as sonographers. Whether you use its information to refresh or reinforce your understanding of this material, may the knowledge that you acquire from its pages not only be maintained through the examination period but may it also be exploited in your daily practice as a registered sonographer.

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## CONTENTS

Dedication iii  
Preface iv  
Reviewers vi  
Acknowledgments vii  
Contents viii

### SECTION 1  Abdominal Sonography Review 01

<table>
<thead>
<tr>
<th>CHAPTER</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Abdominal Sonography Overview</td>
<td>01</td>
</tr>
<tr>
<td>2</td>
<td>The Liver</td>
<td>09</td>
</tr>
<tr>
<td>3</td>
<td>The Gallbladder</td>
<td>28</td>
</tr>
<tr>
<td>4</td>
<td>The Bile Ducts</td>
<td>38</td>
</tr>
<tr>
<td>5</td>
<td>The Pancreas</td>
<td>46</td>
</tr>
<tr>
<td>6</td>
<td>The Spleen</td>
<td>56</td>
</tr>
<tr>
<td>7</td>
<td>The Urinary Tract</td>
<td>63</td>
</tr>
<tr>
<td>8</td>
<td>The Adrenal Glands</td>
<td>90</td>
</tr>
<tr>
<td>9</td>
<td>Abdominal Vasculature</td>
<td>97</td>
</tr>
<tr>
<td>10</td>
<td>The Gastrointestinal Tract</td>
<td>109</td>
</tr>
<tr>
<td>11</td>
<td>Noncardiac Chest and Retroperitoneum</td>
<td>119</td>
</tr>
<tr>
<td>12</td>
<td>The Neck</td>
<td>124</td>
</tr>
<tr>
<td>13</td>
<td>The Male Pelvis</td>
<td>132</td>
</tr>
<tr>
<td>14</td>
<td>Musculoskeletal Imaging and Superficial Structure</td>
<td>147</td>
</tr>
</tbody>
</table>

### SECTION 2  Gynecologic Sonography Review 153

<table>
<thead>
<tr>
<th>CHAPTER</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>Gynecologic Sonography Overview</td>
<td>153</td>
</tr>
<tr>
<td>16</td>
<td>Anatomy of the Female Pelvis</td>
<td>162</td>
</tr>
<tr>
<td>17</td>
<td>The Uterus and Vagina</td>
<td>170</td>
</tr>
<tr>
<td>18</td>
<td>The Ovaries and Fallopian Tubes</td>
<td>183</td>
</tr>
<tr>
<td>19</td>
<td>The Menstrual Cycle</td>
<td>200</td>
</tr>
<tr>
<td>20</td>
<td>Postmenopausal Sonography and Sonohysterography</td>
<td>208</td>
</tr>
<tr>
<td>21</td>
<td>Pelvic Inflammatory Disease and Infertility</td>
<td>216</td>
</tr>
<tr>
<td>SECTION 3</td>
<td>Obstetric Sonography Review</td>
<td></td>
</tr>
<tr>
<td>-----------</td>
<td>-----------------------------</td>
<td></td>
</tr>
<tr>
<td>CHAPTER 22</td>
<td>Obstetric Sonography Overview</td>
<td></td>
</tr>
<tr>
<td>CHAPTER 23</td>
<td>The First Trimester</td>
<td></td>
</tr>
<tr>
<td>CHAPTER 24</td>
<td>The Fetal Head and Brain</td>
<td></td>
</tr>
<tr>
<td>CHAPTER 25</td>
<td>The Fetal Face and Neck</td>
<td></td>
</tr>
<tr>
<td>CHAPTER 26</td>
<td>The Fetal Spine and Musculoskeletal System</td>
<td></td>
</tr>
<tr>
<td>CHAPTER 27</td>
<td>The Fetal Heart and Chest</td>
<td></td>
</tr>
<tr>
<td>CHAPTER 28</td>
<td>The Fetal Gastrointestinal System</td>
<td></td>
</tr>
<tr>
<td>CHAPTER 29</td>
<td>The Fetal Genitourinary System</td>
<td></td>
</tr>
<tr>
<td>CHAPTER 30</td>
<td>Chromosomal Abnormalities</td>
<td></td>
</tr>
<tr>
<td>CHAPTER 31</td>
<td>Multiple Gestations</td>
<td></td>
</tr>
<tr>
<td>CHAPTER 32</td>
<td>Fetal Environment and Maternal Complications</td>
<td></td>
</tr>
</tbody>
</table>

Answer Key 365

Index 370

Glossary: a full glossary of all key terms can be downloaded from thepoint/lww.com/Penny_AbObGyn1e