

# Master Your Scan: Essential Tips for Sonography Students

## Section 1: Preparation is Key

- ✓ Review patient history before scanning
- ✓ Ensure correct transducer & settings
- ✓ Check machine presets and probe frequency

## Section 2: Positioning & Technique

- ✓ Patient comfort first – proper positioning prevents artifacts
- ✓ Use gel generously for better contact
- ✓ Adjust depth and gain for clear images
- ✓ Hold probe steadily; use small movements

## Section 3: Anatomy & Landmarks

- ✓ Know your target organ/system well
- ✓ Identify key landmarks before starting measurements
- ✓ Scan in multiple planes (transverse, longitudinal, oblique)

## Section 4: Image Optimization

- ✓ Adjust focus, gain, and frequency for clarity
- ✓ Minimize shadowing & artifacts
- ✓ Compare with contralateral side if applicable

## Section 5: Documentation & Review

- ✓ Label images accurately
- ✓ Save representative images
- ✓ Reflect on your technique and seek feedback