

## ULTRASOUND OF A PALPABLE MASS

### Ultrasound of a Palpable Mass

**Objective** To ensure that all staff follow correct procedure of identification and evaluation of a palpable mass.

**Responsibility** All Sonographers, Trainee Sonographers, Registrars and Radiologists performing Ultrasound Examinations.

**Procedure** The following table describes the process to be followed for the ultrasound examination for evaluation and identification of a palpable mass.

Step	Action
1	Ask the patient to point to the palpable mass or lump.
2	Palpate the mass or lump.
3	Identify the mass with the use a high frequency linear transducer if appropriate. If the mass is deep or large use the most appropriate transducer frequency. During the ultrasound examination, several transducers maybe used to obtain the best images that demonstrate the mass.
4	Measure the mass in three planes (length, width and AP diameters) using two orthogonal planes. Calculate volume if appropriate. Save images of the mass with and without measurements on.
5	Determine whether the mass is cystic, solid or mixed (complex). Demonstrate the echogenicity (anechoic, hypoechoic, hyperechoic) and echotexture (coarse, fine, fluid/fluid levels) of the mass.
6	Colour Doppler must be utilized to visualise internal and peripheral vascularity. If internal vascularity is identified, check for the origin of feeding vessel/s. If no internal vascularity is identified make sure the Doppler sensitivity is set low. Save images with the colour box on even if no colour flow is demonstrated.
7	Determine the site of mass origin such as subcutaneous tissue, muscle, joint, periosteum or organ specific.
8	Determine the affect the mass has on adjacent structures such as organs and fascial planes.
9	If the mass is very superficial, use additional gel or a stand-off pad.
10	Use should be made of the 'body-mark' to indicate position of lump on the images.