

Directions

Lawrence Memorial Hospital 170 Governors Avenue, Medford, MA 02155

From Cambridge & Arlington: Take Route 60 East into Medford Square. Turn left onto Governors Avenue. Lawrence Memorial Hospital will be on the left.

From 93 North/South: Take 93 to Exit 33 and take the rotary to South Border Road. Turn left onto Governors Avenue. Lawrence Memorial Hospital will be on the right.

Melrose-Wakefield Hospital 585 Lebanon Street, Melrose, MA 02176

From Boston/93 North: Take 93 North to Exit 34, you will merge onto Route 28. Take a right at the first set of lights onto South Street. Stay straight for approximately 9/10 of a mile on South Street. After passing the Stone Zoo and approaching Spot Pond on your right, get into the left lane. (You will see "To Melrose" and blue H (hospital) signs). Take your first left. At the set of lights, turn left onto the Lynn Fells Parkway (J.J. Grimsby's is on the corner). At the third set of lights, turn right onto Main Street. The hospital is two blocks down on the left.

From Northshore/93 South: Take 93 South to Exit 35, Melrose/Winchester Highlands. Bear left at the end of the ramp then take a right at the stop sign, continue through the lights (Friendly's Ice Cream on corner) onto South Street. Stay straight for approximately 9/10 of a mile on South Street. After passing the Stone Zoo and approaching Spot Pond on your right, get into the left lane. (You will see "To Melrose" and blue H (hospital) signs). Take your first left. At the set of lights, turn left onto the Lynn Fells Parkway (J.J. Grimsby's is on the corner). At the third set of lights, turn right onto Main Street. The hospital is two blocks down on the left.

From Northshore/ Route 1: Route 1 Southbound, take the Lynn Fells Parkway exit in Saugus (at Russo's Candy Store). Turn left at the third set of lights onto Main Street. The hospital is two blocks down on your left.

From Boston/Route 1: Take Route 1 North, take the Essex Street/Melrose exit in Saugus. Take a right off of the exit ramp and over the Route 1 bridge toward Melrose. Essex Street will become Upham Street, Melrose. Continue to first set of lights (Lebanon Street). Turn right, and the hospital is two blocks up on your right.

Hallmark Health Medical Center, Reading 30 New Crossing Road, Reading, MA 01867

From the North (93 South, I-95 North/MA-128 North): Exit 39 - North Avenue toward Reading/Wakefield. Left onto North Avenue. North Avenue becomes Walkers Brook Drive. Left onto New Crossing Road. 30 New Crossing Road on left

From the South (93 North, I-95 North/MA-128 North): Exit 39 - North Avenue toward Reading/Wakefield. Left onto North Avenue. North Avenue becomes Walkers Brook Drive. Left onto New Crossing Road. 30 New Crossing Road on left.

Lawrence Memorial Medical Services 101 Main Street, Suite 116, Medford, MA 02155

From Rte 93: Take exit 31 and follow signs for Main Street/Medford Square. At end of off ramp, take a left onto Main Street and proceed 1/8 mile. Lawrence Memorial Medical Services is located in the large brick building on the right, first floor.

From Everett/Revere/Route 16: Follow Rte 16/Mystic Valley Parkway west through Wellington Circle area and continue towards Medford, past the Meadow Glen Mall. Continue on Rte 16 following signs for Main Street/Medford Square. At end of off ramp, take a left onto Main Street and proceed 1/8 mile. Lawrence Memorial Medical Services is located in the large brick building on the right, first floor.

From Malden: Follow Rte 60/Salem Street west into Medford Square. Stay left through square onto Main Street proceed 1/4 mile. Lawrence Memorial Medical Services is located in the large brick building on the right, first floor.

From Somerville: Follow Mystic Avenue/Rte 38 or Main Street towards Medford. After Main and Mystic merge, proceed 1/8 mile. Lawrence Memorial Medical Services is across from the Medford Police Station in the large brick building on the left, first floor.

From Davis Square/Tufts University: Follow College Avenue towards Medford. At stop sign, take a right on to George Street and a left onto Main Street. Proceed _ miles and Lawrence Memorial Medical Services is across from the Medford Police Station in the large brick building on the left, first floor.

Hallmark Health Diagnostics 3 Woodland Road, Stoneham, MA 02180

From Boston/93 North: From Route 93, take the Fellsway West/RT-28 exit, Exit 33 follow Route 28. Turn slight right onto MA-28 S/Fellsway W. Enter next roundabout and take 3rd exit onto Fellsway W/MA-28 N. Turn slight right to stay on Fellsway W/MA-28 N. Turn right onto Elm St. Enter next roundabout and take 1st exit onto Woodland Rd N.

From Northshore/93 South: From Route 93, take the Fellsway West/RT-28 exit, Exit 33, toward Winchester. Turn slight right onto MA-28 S/Fellsway W. Enter next roundabout and take 3rd exit onto Fellsway W/MA-28 N. Turn slight right to stay on Fellsway W/MA-28 N. Turn right onto Elm St. Enter next roundabout and take 1st exit onto Woodland Rd N.

Hallmark Health Diagnostics 18 Porter Street, Melrose, MA 02176

From Boston/93 North: Take 93 North to Exit 34, you will merge onto Route 28. Take a right at the first set of lights onto South Street. Stay straight for approximately 9/10 of a mile on South Street. After passing the Stone Zoo and approaching Spot Pond on your right, get into the left lane. (You will see "To Melrose" and blue H (hospital) signs). Take your first left. At the set of lights, turn left onto the Lynn Fells Parkway (J.J. Grimsby's is on the corner). At the third set of lights, turn right onto Main Street. Follow thru 2 sets of lights and take a right on to Porter Street.

From Northshore/93 South: Take 93 South to Exit 35, Melrose/Winchester Highlands. Bear left at the end of the ramp then take a right at the stop sign, continue through the lights (Friendly's Ice Cream on corner) onto South Street. Stay straight for approximately 9/10 of a mile on South Street. After passing the Stone Zoo and approaching Spot Pond on your right, get into the left lane. (You will see "To Melrose" and blue H (hospital) signs). Take your first left. At the set of lights, turn left onto the Lynn Fells Parkway (J.J. Grimsby's is on the corner). At the third set of lights, turn right onto Main Street. Follow thru 2 sets of lights and take a right on to Porter Street.

 **Hallmark Health**
www.hallmarkhealth.org

Hallmark Health System is the premier, charitable provider of vital health services to Boston's northern communities. The system includes Lawrence Memorial Hospital of Medford; Melrose-Wakefield Hospital, Melrose; Hallmark Health Cancer Center, Stoneham; The CHEM Center for MRI, Stoneham; Hallmark Health Medical Center, Reading; Hallmark Health VNA and Hospice, Malden; Lawrence Memorial/Regis College Nursing and Radiography Programs, Medford and Eli Pond Medical Associates. Hallmark Health is affiliated with Massachusetts General Hospital for cardiology and Tufts-New England Medical Center for neonatology.

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Ultrasound



Imaging Services

 **Hallmark Health**
www.hallmarkhealth.org

Thank you for choosing Hallmark Health System Imaging services. We are committed to providing you with the best possible and most respectful care. Our organization is dedicated to providing state-of-the-art technology and quality Ultrasound imaging to our patients.



What is ultrasound?

Ultrasound is a diagnostic tool that utilizes sound with a frequency greater than 20,000 Hertz, above the range audible to the human ear. An ultrasound exam is safe and generally a non-invasive procedure that utilizes sound waves to image the body.

A small device, known as a transducer, is positioned on the skin over the area of interest. The transducer emits the sound waves. The sound waves respond to the various tissues in the body, producing different echoes. These echoes are collected by the transducer and the signals are converted into an image.

There are different types of ultrasound. Doppler ultrasound is used to detect blood flow or beating of the heart. Transvaginal ultrasound is a specialized test that provides more detailed images than traditional ultrasound. This exam requires the insertion of a small transducer into the vagina.

Is it safe?

Absolutely! Diagnostic Ultrasound has been in use since the 1950's with no recorded evidence of causing harm to tissue.

Is there any radiation involved?

None at all.

How do I prepare for an ultrasound?

Some ultrasounds studies require preparation.

Abdominal Ultrasound: You will be instructed to not eat or drink anything 8 hours prior to your exam.

Pelvic Ultrasound: Requires you to drink 5 - 6, 8oz. glasses of water starting 1.5 hours prior to your scheduled appointment and finishing the water in 45 minutes. You cannot empty your bladder once you have started drinking. Your bladder has to be extremely full for this exam.

What should I expect?

The ultrasonographer, a specially trained health care professional, will greet you. The ultrasonographer will apply gel to the skin. This is always over the area to be imaged. The gel maximizes contact between you and the transducer. The gel does not stain clothes.

The transducer will be moved back and forth on the area to obtain the images. You may be asked to hold still, change positions or hold your breath.

The gel will be wiped off when the exam is complete.

How long does it take?

The exam can take about 30 minutes. Some specialized exams may take up to 60 minutes.

If you unable to keep your appointment, please call 781-338-7111 to reschedule.