

CONTRAST-ENHANCED ULTRASOUND OF THE ABDOMEN INCLUDING THE KIDNEYS

A FREE Continuing Education Monograph

FACULTY

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LIST OF ABBREVIATIONS

Abbreviation	Definition
3-D	3-dimensional
ACR	American College of Radiology
APHE	arterial phase hyperenhancement
CECT	contrast-enhanced computed tomography
CEMRI	contrast-enhanced magnetic resonance imaging
CEUS	contrast-enhanced ultrasound
CT	computed tomography
EFSUMB	European Federation of Societies for Ultrasound in Medicine and Biology
FAST	focused assessment with sonography in trauma
FDA	U.S. Food and Drug Administration
FLL	focal liver lesion
GBCA	gadolinium-based contrast agent
GI	gastrointestinal
HCC	hepatocellular carcinoma
IBD	inflammatory bowel disease
LI-RADS	Liver Imaging Reporting and Data System
MI	mechanical index
MRI	magnetic resonance imaging
NICE	National Institute for Health and Care Excellence
NPV	negative predictive value
PPV	positive predictive value
UCA	ultrasound contrast agent
US	ultrasound

TARGET AUDIENCE

This activity is designed for radiologists, sonographers, emergency department physicians, radiology nurses, and other healthcare professionals to provide them with medically relevant education on the role of contrast-enhanced ultrasound (CEUS) of the abdomen in the diagnosis and therapy decision-making for diseases of the liver, pancreas, kidneys, spleen, gallbladder and biliary tree, and gastrointestinal tract.

EDUCATIONAL OBJECTIVES

After completing this activity, participants should be better able to:

- Summarize indications, recommendations, and clinical trials demonstrating the clinical utility of CEUS of the abdomen, including the liver, pancreas, kidneys, spleen, gallbladder and biliary tree, and gastrointestinal tract
- Explain the fundamental physics of CEUS of the abdomen
- Interpret the safety, efficacy, and pharmacoeconomics of CEUS of the abdomen

STATEMENT OF NEED/PROGRAM OVERVIEW

- Contrast-enhanced ultrasound (CEUS) of the abdomen is currently an underutilized imaging modality in the United States, although it is a well-established, noninvasive, real-time imaging technique for evaluating known or suspected abdominal pathology of the liver, pancreas, kidneys, spleen, gallbladder, and gastrointestinal tract. Ultrasound contrast agents (UCAs) act as true blood-pool tracers, providing unique, characteristic contrast washin/washout kinetics and enhancement patterns that can be used to characterize various lesions that may not be detected by other imaging modalities.
- CEUS has several advantages over contrast-enhanced computed tomography (CECT) and contrast-enhanced magnetic resonance imaging (CEMRI). In addition to having a lack of exposure to ionizing radiation, CEUS can be used in patients with renal and hepatic insufficiency and in pregnant women. The cost of CEUS is significantly lower than CECT and CEMRI, and CEUS is portable and thus can be performed at the bedside. Education in regard to the indications and benefits of CEUS of the abdomen is greatly needed to increase patient safety and lower healthcare resource utilization.

ACCREDITATION FOR PHYSICIANS AND NURSES



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Expiration Date: November 2024

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INTRODUCTION

Contrast-enhanced ultrasound (CEUS) is a well-established, noninvasive, imaging technique for evaluating the liver and other abdominal organs, providing continuous, real-time imaging with high-temporal resolution.^{1,2} Ultrasound contrast agents (UCAs) are used to improve visualization and characterization of anatomic structures and lesions.^{2–8} CEUS of the abdomen is most often performed transabdominally, but can also be performed endoscopically. Current abdominal applications for CEUS include imaging of the liver,² pancreas,^{1,9,10} kidneys,^{11,12} spleen,¹³ hepatobiliary system,² and gastrointestinal (GI) tract.^{5,14,15} In the liver, CEUS is particularly useful for characterization of focal lesions, monitoring radiofrequency ablation therapy, evaluating response to anti-angiogenic agents, and quantitative perfusion of lesions.² CEUS is also invaluable in the characterization of renal masses^{16–18} and in the evaluation of inflammatory bowel disease.^{14,15,19}

CEUS has several advantages over contrast-enhanced computed tomography (CECT) and contrast-enhanced magnetic resonance imaging (CEMRI),^{1,2} including a lack of exposure to ionizing radiation; an absence of potential harmful effects on the kidney and liver, allowing its use in patients with renal failure; wider accessibility and portability (including bedside); increased cost-effectiveness compared with CT and MRI; real-time assessment of organ/lesion vascularity; and improved patient comfort. For pediatric patients, CEUS has the additional benefit that the patient does not need to be sedated. Here we review in detail the principles of CEUS, as well as the efficacy and safety of UCAs for abdominal imaging.

UCAs

UCAs are characterized by a microsphere structure in which a gaseous core is encapsulated by a stabilizing shell.

Currently available, second-generation UCAs are 1.1–4.5 μm , gas-filled microspheres with a soluble gas (perflutren or sulfur hexafluoride) in the core and an external stabilizing shell comprised of albumin, lipid, or phospholipid²⁰ (**Table 1**). These UCAs are smaller than red blood cells (ie, $<7 \mu\text{m}$ in diameter) and pass easily through capillary beds. Unlike CT and MRI contrast agents, UCAs behave as purely intravascular contrast agents, with no penetration into the interstitial space.³ Because UCAs are not excreted through the kidneys, nephrotoxicity does not occur, making CEUS a good imaging option for patients with renal disease.²¹ In addition, because UCAs act as a true blood-pool tracer, they provide unique, characteristic contrast washin/washout kinetics and enhancement patterns that can be used to characterize various lesions.

Table 1. Currently Available, FDA-Approved Ultrasound Contrast Agents^{22–24}

Name	Manufacturer	Mean Diameter	Shell	Gas	FDA-Approved Indication(s)
Definity® (perflutren lipid microsphere)	Lantheus Medical Imaging	1.1–3.3 μm (max 20 μm ; 98% $<10 \mu\text{m}$)	Lipid	Perflutren	<ul style="list-style-type: none"> For use in patients with suboptimal echocardiograms to opacify the left ventricular chamber and to improve the delineation of the left ventricular endocardial border
Lumason® (sulfur hexafluoride lipid-type A microspheres)	Bracco Diagnostics	1.5–2.5 μm (max 20 μm ; 99% $\leq 10 \mu\text{m}$)	Phospholipid	Sulfur hexafluoride (SF ₆)	<ul style="list-style-type: none"> For use in echocardiography to opacify the left ventricular chamber and to improve the delineation of the left ventricular endocardial border in adult patients with suboptimal echocardiograms For use in ultrasonography of the liver for characterization of focal liver lesions in adult and pediatric patients For use in ultrasonography of the urinary tract for the evaluation of suspected or known vesicoureteral reflux in pediatric patients
Optison™ (perflutren protein-type A microspheres)	GE Healthcare	3.0–4.5 μm (max 32 μm ; 95% $<10 \mu\text{m}$)	Human albumin	Perflutren	<ul style="list-style-type: none"> For use in patients with suboptimal echocardiograms to opacify the left ventricle and to improve the delineation of the left ventricular endocardial borders

Currently, 3 UCAs are approved by the U.S. Food and Drug Administration (FDA) and available for use in the United States: Optison™ (perflutren protein-type A microspheres), Definity® (perflutren lipid microsphere), and Lumason® (sulfur hexafluoride lipid-type A microspheres).^{22–24} When administered intravenously and used with low mechanical index (MI) CEUS techniques, the nonlinear acoustic effects of the microspheres amplify signals from blood flow,²⁵ resulting in real-time, high-resolution images of both macrovasculature and microvasculature (ie, capillary beds).^{2,26–28} The ability to depict microvasculature structures is particularly beneficial, as these vessels may be too small and/or have insufficient blood-flow velocity to be visualized on color or power Doppler images: Doppler ultrasound can image blood vessels as small as 100 µm, while CEUS can depict vessels as small as 40 µm.²

All 3 of the currently approved UCAs are approved for echocardiography use. Lumason is the only UCA with FDA approval for use in ultrasonography of the liver for characterization of focal liver lesions (FLLs) in adult and pediatric patients.²⁴ This approval was obtained in March 2016. More recently, in December 2016, Lumason was also approved for evaluation of vesicoureteral reflux in pediatric patients. While at the time of this writing, neither Definity nor Optison has been approved for the characterization of FLLs in adult and pediatric patients, nor for the evaluation of vesicoureteral reflux in pediatric patients, clinicians could choose to use one of these agents off-label.

GUIDELINES FOR CEUS OF THE ABDOMEN

International guidelines for CEUS of the abdomen have evolved over time.²⁹ The first edition of guidelines by the European Federation of Societies for Ultrasound in Medicine and Biology (EFSUMB) was issued in 2004.³ This guideline was the first scientific endorsement of the clinical use of UCAs for the workup of FLLs and for evaluation of all phases of liver tumor ablation. In 2008, the second edition of guidelines was published,⁴ updating the earlier guidelines and adding recommendations for applications of CEUS in kidney and urinary tract (including vesicoureteral reflux), pancreas, and abdominal trauma. These guidelines and recommendations for nonhepatic and hepatic applications of CEUS were further updated in 2011 and 2012, and new guidelines were released in 2018 for nonhepatic applications of CEUS.^{2,5,30} The nonhepatic component further emphasized the inclusion of extrahepatic applications for CEUS, introducing a grading system (type/level of evidence) for each recommendation.⁵ The hepatic component, a joint global effort by several scientific groups, including worldwide consensus (WFUMB [World Federation for Ultrasound in Medicine and Biology]-EFSUMB Initiative in Cooperation with Representatives of AFSUMB [Asian Federation of Societies for Ultrasound in Medicine and Biology], the AIUM [American Institute of Ultrasound in Medicine], the ASUM [Australasian Society for Ultrasound in Medicine], the FLAUS [Latin-American Federation of Societies for Ultrasound in Medicine and Biology], and ICUS [International Contrast Ultrasound Society]), provided detailed recommendations for the use of CEUS and interpretation of enhancement patterns for liver applications.³¹ The American College of Radiology (ACR) Manual on Contrast Media now includes a short chapter on ultrasound contrast media.³²

To standardize the reporting and data collection of CT and MRI for hepatocellular carcinoma (HCC), the ACR developed the Liver Imaging Reporting and Data System (LI-RADS). More recently, the ACR also published the CEUS LI-RADS.³³ Developed by a consortium of diagnostic radiologists and hepatologists with expertise in hepatobiliary ultrasound, this 27-page document provides a lexicon of controlled terminology, schematic illustrations, and a categorization algorithm for assessment of liver lesions with CEUS. **Tables 2** and **3** provide the CEUS LI-RADS–suggested imaging parameters and the indications for and advantages of CEUS for evaluation of the liver, respectively. **Table 4** provides a comparison of the different features of CEUS LI-RADS and CT/MRI LI-RADS.

Table 2. CEUS LI-RADS Suggested Imaging Parameters³³

<ul style="list-style-type: none"> • Low-MI contrast agent–specific imaging modes should be used (refer to vendor instructions and when necessary, obtain additional technical support from vendor to ensure proper system settings before undertaking CEUS studies)
<ul style="list-style-type: none"> • Dual screen imaging with separate contrast mode and B-mode imaging is helpful to guide exams
<ul style="list-style-type: none"> • Use of simultaneous caliper display on both screens is ideal for observation/nodule localization
<ul style="list-style-type: none"> • Arterial phase and beginning of portal phase should be performed continuously and without interruption (up to 60 seconds after contrast injection)
<ul style="list-style-type: none"> • After 1 minute post-injection, imaging can be performed using intermittent scanning to minimize microsphere destruction
<ul style="list-style-type: none"> • Exam should be continued until near complete clearance of contrast to better characterize washout that is late onset and mild in degree (~5–6 minutes after the injection)

CEUS=contrast-enhanced ultrasound; LI-RADS=Liver Imaging Reporting and Data System; MI=mechanical index.

Table 3. LI-RADS Indications for and Advantages of CEUS³³

• Assess nodules ≥ 10 mm detected on surveillance US
• Assess LR-3, LR-4, and LR-M observations detected on prior CT or MRI
• Detect APHE when mistiming is suspected as the reason for its absence on prior CT or MRI
• Assess biopsied observations with inconclusive histology
• Guide biopsy or treatment of observations difficult to visualize with precontrast US
• Help select appropriate observation(s) or observation component(s) for biopsy
• Monitor changes in enhancement pattern over time for selected CEUS LR-3 or CEUS LR-4 observations
• Differentiate tumor in vein (“tumor thrombus”) from bland thrombus

APHE=arterial phase hyperenhancement; CEUS=contrast-enhanced ultrasound; CT=computed tomography; HCC=hepatocellular carcinoma; LI-RADS=Liver Imaging Reporting and Data System; MRI=magnetic resonance imaging; US=ultrasound.

Table 4. Key differences between CEUS LI-RADS and CT/MRI LI-RADS³³

Parameters	CEUS LI-RADS v2017	CT/MRI LI-RADS v2017
Operator expertise	High expertise required	High expertise NOT required
Observation visibility	Precontrast visibility required	Precontrast visibility NOT required
Number of observations	One to few	One to many
Context	Diagnosis	Diagnosis, staging, response to therapy
Type of contrast agent	Blood pool (microsphere)	Iodinated or GBCA
Permitted contrast injections	One to multiple (if needed)	Usually only one
Size thresholds for APHE	<10 mm, ≥ 10 mm	<10 mm, 10–19 mm, ≥ 20 mm
APHE	High temporal resolution	Single or a few time points
Washout phenomenon	Washout is true washout	Washout may be apparent, not true washout
Washout characterization	Onset and degree are critical	Onset and degree are NOT critical
“Capsule”: type of feature	Not a CEUS feature	Major feature
Growth: type of feature	Ancillary feature	Major feature (if exceeds threshold)
Number of ancillary features	Few	Many

APHE=arterial phase hyperenhancement; CEUS=contrast-enhanced ultrasound; CT=computed tomography; GBCA=gadolinium-based contrast agent; LI-RADS=Liver Imaging Reporting and Data System; MRI=magnetic resonance imaging.

CEUS OF THE ABDOMEN IN CLINICAL PRACTICE

Liver

Characterization of FLLs

CEUS of the liver is primarily for the characterization of FLLs. FLL characterization using CEUS is based on real-time evaluation of contrast enhancement of the lesion (hypoenhancing, isoenhancing, hyperenhancing) versus the surrounding liver parenchyma,³⁴ as assessed during the arterial, portal-venous, and late phases. The 2012 WFUMB-EFSUMB guidelines recommend the following steps and suggestions²:

1. The examination should start with conventional B-mode and Doppler techniques
2. After identification of the target lesion, the transducer is held still while the scanner is switched to low-MI contrast-specific imaging
3. Use of the dual screen format showing a low-MI B-mode image alongside the contrast-only display aids anatomic guidance
4. Contrast is administered as a bolus injection followed by a flush with normal saline 0.9%
5. A timer should be started at the time of UCA injection
6. Because of the dynamic nature of real-time CEUS, essential clips for each vascular phase should be recorded
7. Assessment of the arterial and portal-venous phases should be carried out without interruption
8. For the late phase, intermittent scanning may be used until the disappearance of contrast from the liver's microvasculature
9. Injection of contrast can be repeated when a lesion has been detected in the portal-venous phase or in the late phase to study the arterial phase, and in the case of multiple FLLs. Reinjection should be delayed until most microbubbles have vanished and the CEUS screen is almost black again

Typical contrast enhancement patterns for common benign and malignant lesions in the arterial and portal-venous/late phases are shown in **Figure 1**.^{2,35–37}

Solid benign lesions tend to be isoenhancing or hyperenhancing relative to the surrounding parenchyma in the arterial phase. Specifically, for hemangiomas,^{38–40} the most common findings on CEUS are peripheral nodular enhancement in the arterial phase, followed by partial or complete centripetal fill-in (**Figure 2**). Focal nodular hyperplasia²⁰ is hyperenhancing in the arterial and portal-venous phases in more than 90% of cases, with a central vascular supply that is often visible when imaging. Hepatic adenomas^{40–43} typically show rapid arterial hyperenhancement that progresses from the periphery to the center. Focal fatty lesions (focal fatty infiltration) may simulate neoplasia on unenhanced US^{2,4} and show similar enhancement patterns to those of the adjacent liver parenchyma in all phases. The enhancement pattern of abscesses is dependent on lesion maturity^{44–46}: early lesions tend to be hyperenhancing, while mature lesions develop hypo- or nonenhancing foci centrally. For hematomas,^{5,47–50} CEUS is particularly helpful. These lesions will be completely or almost completely avascular with CEUS because UCAs are purely intravascular; thus, identifying hematomas is easier on CEUS than on CECT images.

Malignant lesions are characterized by their washin/washout kinetics. The timing of the washout varies with the lesion etiology. Metastatic lesions tend to have rapid (<1 min) and intense washout. HCCs tend to have delayed and less intense washout. The washout in HCC may not occur until 5 minutes. Cholangiocarcinomas tend to washout faster than HCC and have stronger washout.^{51–53} The most common primary malignant lesion of the liver is HCC. In patients without cirrhosis, HCC is typically hyperenhancing in the arterial phase with a chaotic vascular pattern, and isoenhancing in portal-venous and late phases (**Figure 3**).^{2,41,54,55} Several studies have shown contrast washout kinetics to be indicative of HCC histologic differentiation in patients with liver cirrhosis.^{51,52,56–60} In patients with cirrhosis, the development of HCC is accompanied by decreases in both normal arterial and portal blood flow and a concurrent disappearance of normal intranodular vessels. Also concurrent with the decline in normal vascularity is a progressive increase in arterial flow from newly formed tumor vessels—neoangiogenesis. Therefore, hyperenhancement in the arterial phase can be seen in HCC and these changes are important components in the characterization of hepatocellular nodules in cirrhosis during the vascular phases of contrast enhancement.²

Figure 1. Typical vessel architecture and contrast enhancement pattern for (a) focal nodular hyperplasia; (b) hemangioma; (c) metastatic liver lesion; and (d) hepatocellular carcinoma.³⁷

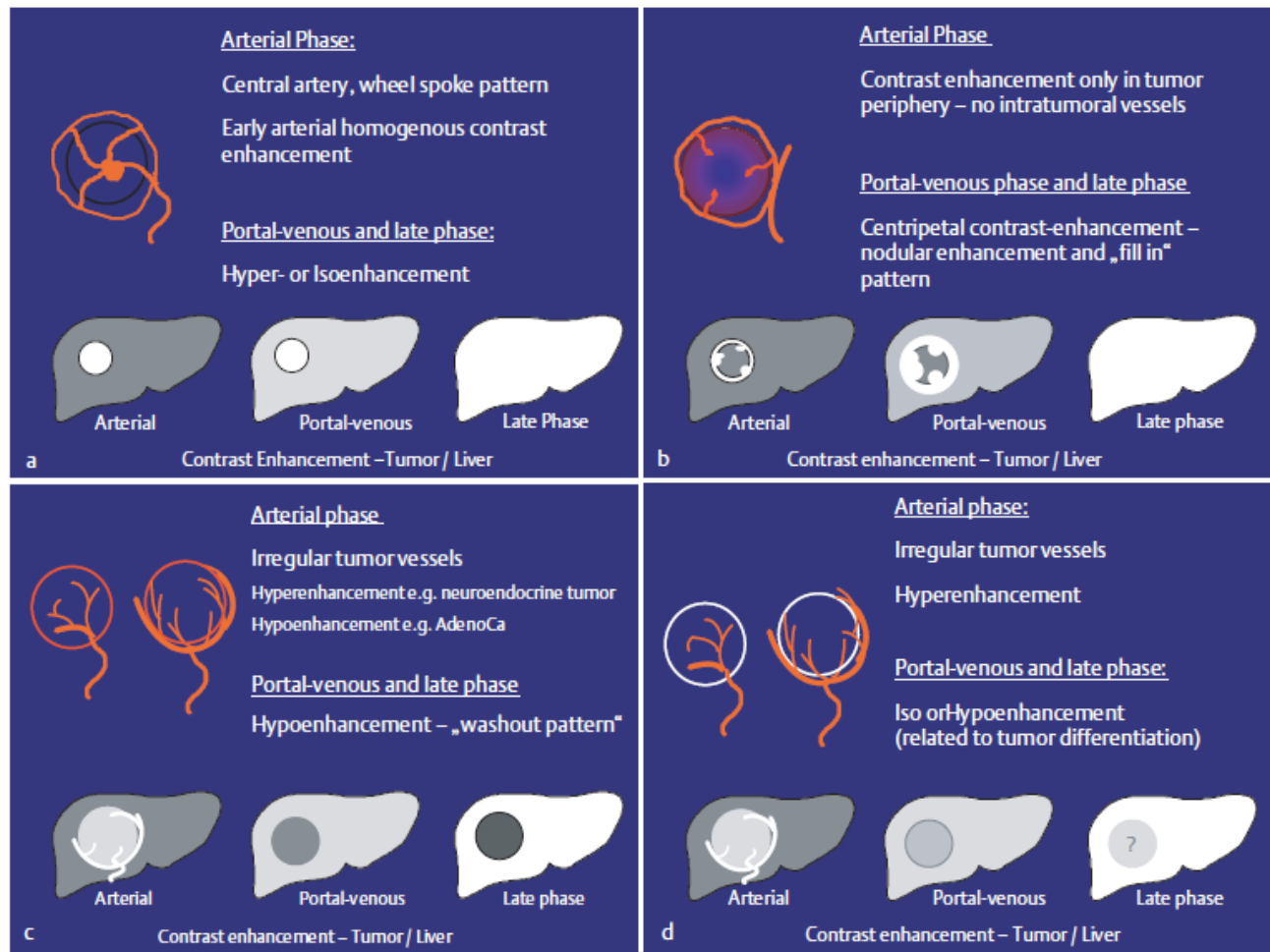


Figure 2. Hemangioma enhancement patterns are similar with (a) CEUS and (b) dynamic liver CT, with peripheral nodular enhancement in the arterial phase and gradual filling of the entire mass in later phases.⁴⁰ CEUS=contrast-enhanced ultrasound; CT=computed tomography.

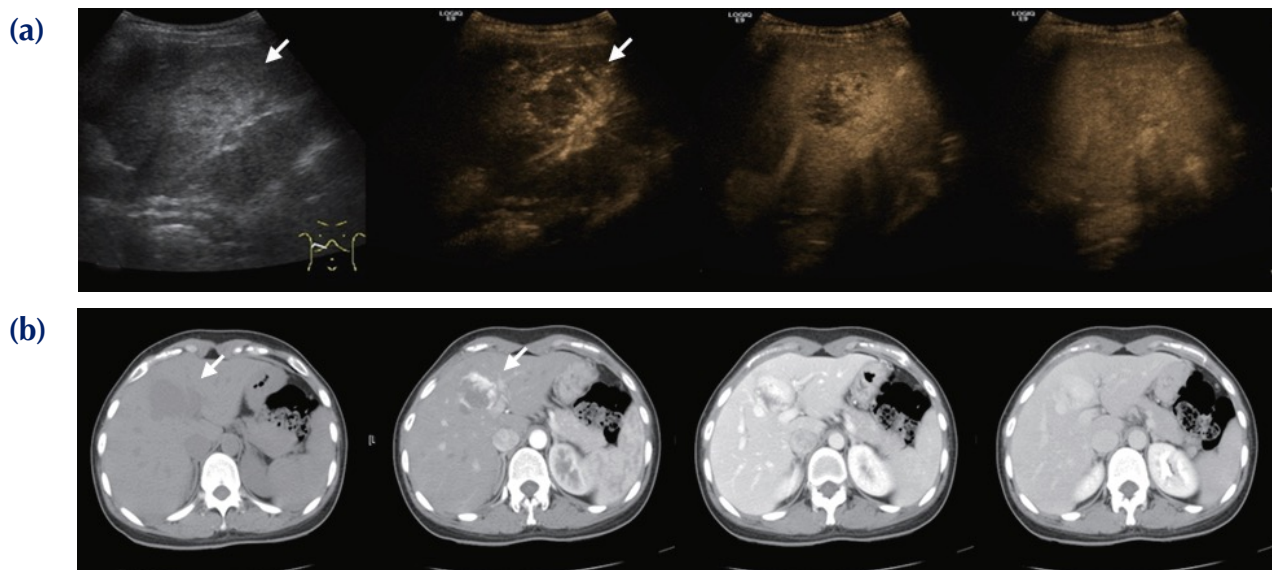
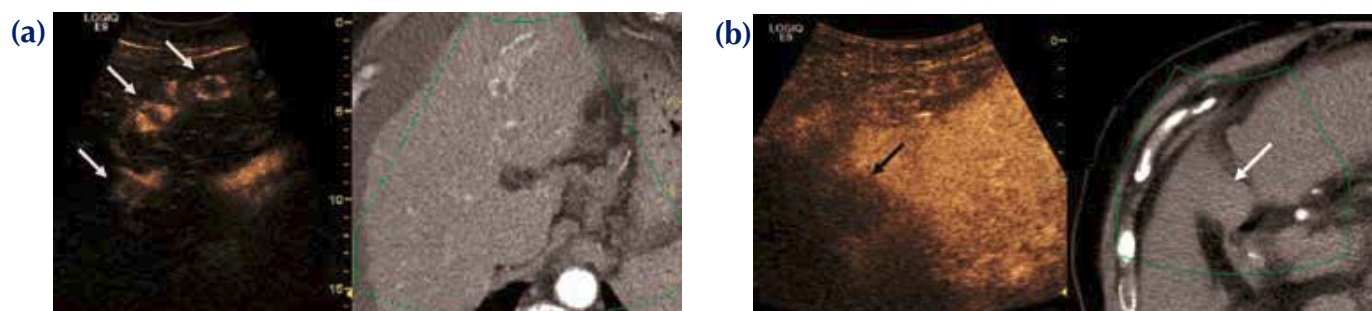


Figure 3. Because of the purely vascular distribution of the contrast agent, (a) arterial enhancement and (b) portal-venous washout of HCC are better visualized with CEUS (left images) than CT (right images). CEUS=contrast-enhanced ultrasound; CT=computed tomography; HCC=hepatocellular carcinoma. Images courtesy of Prof. Jung, University Clinic Regensburg, Germany.



Intrahepatic cholangiocarcinoma is occasionally detected during HCC surveillance, and is considered a mimic of HCC. Therefore, recognizing findings suggestive of cholangiocarcinoma is important—ie, a hypoattenuating mass with peripheral enhancement, progressive enhancement in dynamic contrast imaging, the presence of capsular retraction, and frequent biliary dilatation.⁶¹ Metastases tend to show variable enhancement during the arterial phase, but are almost always hypoenhancing during the portal-venous and late phases (early washout).⁴⁰ CEUS efficacy in detection of liver metastases has been shown to be similar to that of CT and MRI.^{2,21,62}

For the characterization of FLLs as malignant, CEUS is superior to unenhanced ultrasound (**Table 5**),^{63–66} and has been shown to be similar (or at times superior) to CECT and CEMRI for this application. Comparing CEUS vs CECT and/or CEMRI in these studies, the sensitivity range is 90%–98.2% for CEUS vs 9%–90.6% for CECT vs 81.8%–91% for CEMRI; the specificity range is 66.7%–93% for CEUS vs 37.5%–81.6% for CECT vs 42.9%–93% for CEMRI (**Table 6**).^{63,67–70}

A meta-analysis encompassing 21 studies and 3376 patients comparing CEUS with other imaging modalities⁷¹ showed that CEUS had high pooled sensitivity (88%) and specificity (81%). For CECT, sensitivity was 90% and specificity was 77%; for CEMRI, sensitivity was 86% and specificity was 81%. The meta-analysis found no significant differences in diagnostic value for characterization of FLLs with CEUS as compared with CECT and CEMRI.

Table 5. CEUS vs Nonenhanced US Sensitivity and Specificity^{63–66}

	Quaia 2004	Dai 2007	Quaia 2007	Trillaud 2009
Number of lesions	452	554	236	123
Malignant, n	323	346	96	68
Benign, n	129	208	140	55
Sensitivity, %				
CEUS	81–85	88.7–92.5	78–86	98.2
US	52–54	42.5–53.8	23–38	40.0
Specificity, %				
CEUS	95	78.4–86.5	58–61	88.2
US	40–43	22.1–23.1	21–28	36.8

CEUS=contrast-enhanced ultrasound; US=ultrasound.

Table 6. CEUS vs CECT and/or CEMRI Sensitivity and Specificity^{63,67–70}

	Trillaud 2009	Seitz 2009 (DEGUM)	Seitz 2010 (DEGUM)	Quaia 2014	D'Onofrio 2014
Number of lesions	121 ^a /30 ^b	158 ^c	82 ^e	55 ^f	147
Malignant, n	54/21	109	55	22	105
Benign, n	67/8	49 ^d	27	33	42
Sensitivity, %					
CEUS	98.2/95.5	95.3	90.9	95	90
CECT	— /72.7	90.6	—	9	—
CEMRI	— /81.8	—	81.8	—	91
CT + MRI	68.5/ —	—	—	—	—
Specificity, %					
CEUS	88.1/75.0	83.7	66.7	84–90	93
CECT	— /37.5	81.6	—	54–66	—
CEMRI	— /42.9	—	63.0	—	93
CT + MRI	74.6/ —	—	—	—	—

CECT=contrast-enhanced computed tomography; CEMRI=contrast-enhanced magnetic resonance imaging; CEUS=contrast-enhanced ultrasound.

^a Total study population included 127 patients. This subgroup (n=121) includes patients for whom comparison of CEUS vs CT/MRI could be performed, evaluation of the target lesion could be obtained, and accuracy of CEUS vs a final reference diagnosis could be calculated.

^b Subgroup of lesions in patients who underwent CT and MRI (n=30) and who had complete histological diagnosis available.

^c Total study population included 267 patients with 269 lesions. Only subgroup B lesions (n=158) with complete histological diagnosis available (allowing for full statistical analysis) are included here.

^d Includes 4 lesions diagnosed as “without defined entity.”

^e Further category of subgroup B lesions in patients who underwent CEMRI (n=84) and for whom complete histological diagnosis was available.

^f Indeterminate on CT.

Other Hepatic Clinical Applications of CEUS

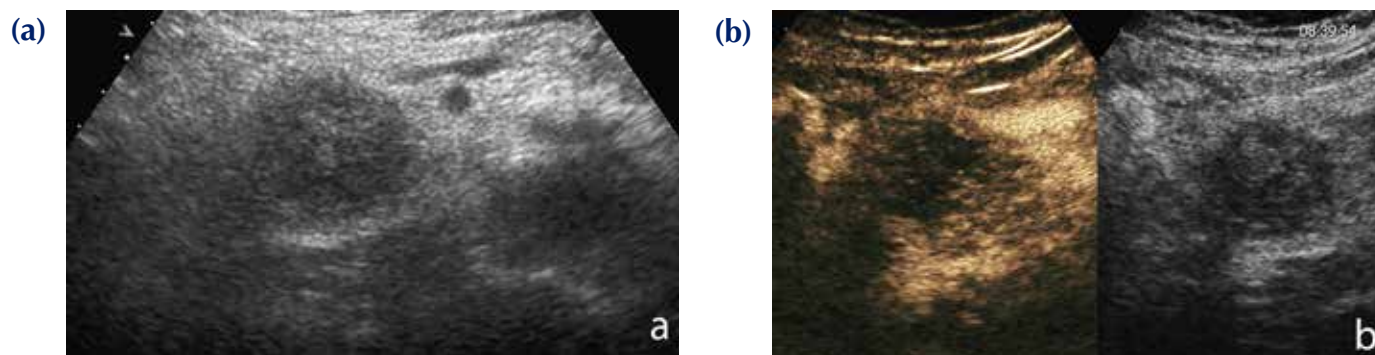
Clinical uses of CEUS other than FLL characterization include ultrasound-guided biopsies of FLL: CEUS-guided liver biopsies have a higher diagnostic accuracy (95%) than unenhanced ultrasound (87%).⁷² CEUS is also useful for treatment planning.² Specifically, transcutaneous CEUS is useful to plan radiofrequency ablation. CEUS is also extremely useful to differentiate between venous thrombosis and tumor infiltration of hepatic vessels. Intraoperative CEUS has been shown to be more sensitive, specific, and accurate than intraoperative unenhanced ultrasound, CECT, or CEMRI for assessing tumor resectability,^{73–77} and has been shown to lead to a change in surgical management in up to 30% of cases.^{75,76,78} CEUS can be used after treatment with ablation or chemotherapy/radioembolization to assess initial treatment response and to assess signs of tumor progression.² Finally, CEUS is used in the setting of liver transplantation—presurgically to assess patency of the hepatic artery and portal vein and postsurgically for the noninvasive detection of vascular complications.^{79,80}

Pancreas

Similar to CEUS of the liver, CEUS of the pancreas provides high-detail resolution and real-time imaging of the pancreas, permitting visualization of intrapancreatic vessels and microvessels. Transabdominal CEUS and endoscopic CEUS are both useful for evaluation of pancreatic neoplasia and inflammatory lesions^{5,81}; however, endoscopic CEUS may permit visualization of lesions that cannot be seen adequately with transcutaneous CEUS.^{10,81–83} As is the case with FLLs, focal pancreatic lesions are identified by comparison with adjacent (healthy) pancreatic tissue. Healthy pancreatic parenchyma shows an early arterial phase (10–30 seconds) and a transient venous phase (30–120 seconds) after contrast injection.^{4,5}

Differentiation of pancreatic ductal adenocarcinoma (the most common solid primary pancreatic neoplasia) from other solid tumors is one of the main indications for pancreatic CEUS. Most ductal adenocarcinomas (90% of cases) are hypoenhancing in all phases, and characterized by a relatively low mean vascular density (**Figure 4**).^{84–88} Almost all other solid pancreatic lesions are hyperenhancing due to hypervascularity,^{9,86–92} including neuroendocrine tumors, serous microcystic neoplasia, hamartomas, focal pancreatitis, autoimmune pancreatitis, intrapancreatic accessory spleen, metastases, and other rare neoplastic focal pancreatic lesions. Another indication is differentiating among the various pancreatic cystic lesions, such as a pseudocyst or walled-off pancreatic necrosis, a serous cystadenoma, a mucinous cystic neoplasm, a mucinous cystadenocarcinoma, and an intraductal papillary mucinous neoplasm.

Figure 4. Pancreatic ductal adenocarcinoma: (a) a solid hypoechoic rounded lesion with ill-defined margins in the pancreatic head on B-mode US, and (b) the typical markedly hypovascular pattern of ductal adenocarcinoma on CEUS.⁸⁴ CEUS=contrast-enhanced ultrasound; US=ultrasound.



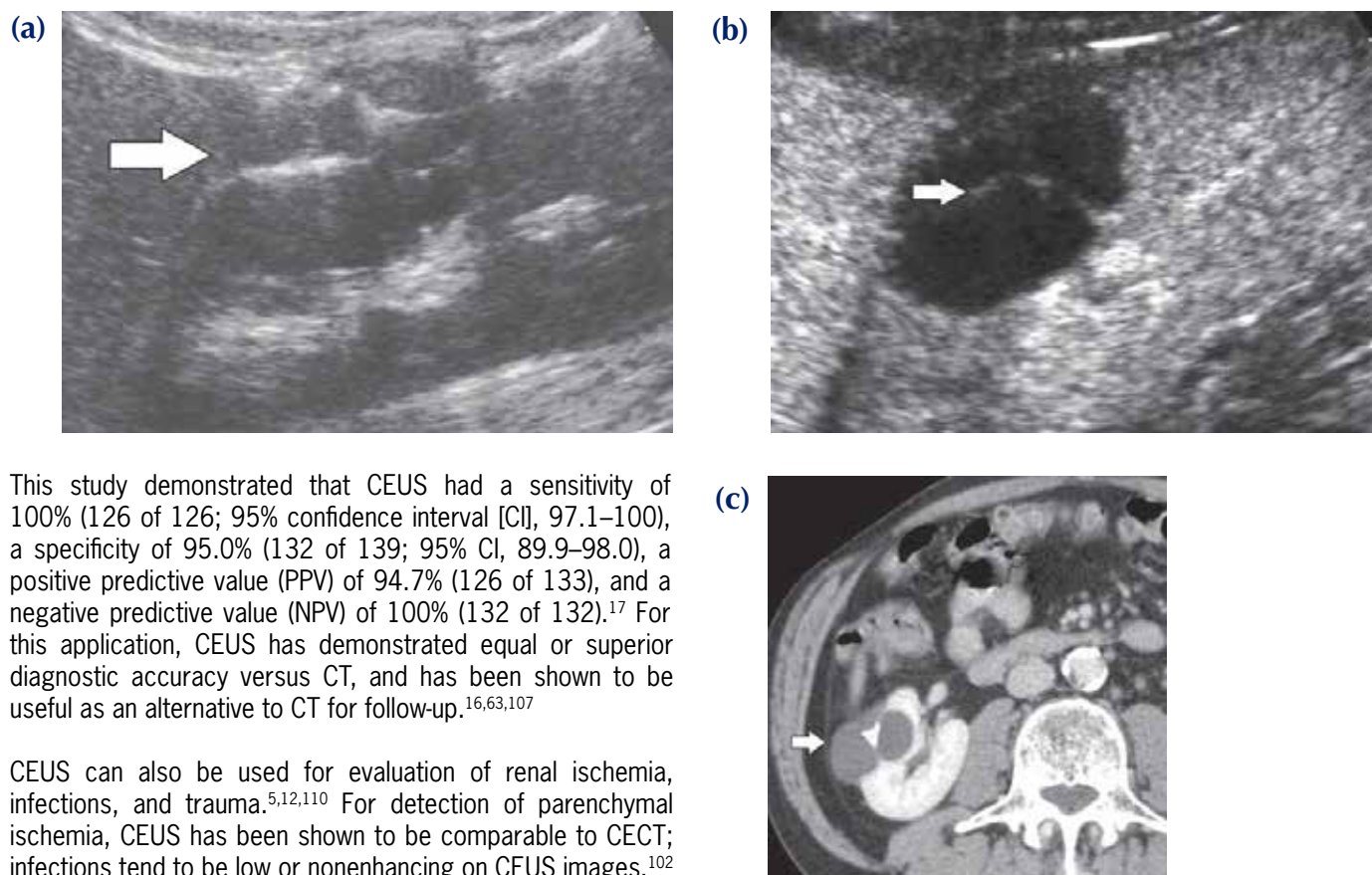
Evaluation of pancreatitis is another main indication for CEUS. Acute pancreatitis is associated with organ failure and necrosis, and CEUS can help identify necrotic areas as nonenhancing regions^{93,94}; however, the appearance of chronic pancreatitis depends on the stage of disease. Evaluation of autoimmune pancreatitis is also complicated, with 3 recognized patterns: diffuse, focal, and multifocal.^{95,96} For better visualization of vascular patterns, 3-dimensional (3-D) reconstruction has been shown to be useful.⁹⁷

For diagnosis of pancreatic malignancy, the efficacy of CEUS is excellent, with a sensitivity of about 82% to 100% and a specificity of 90% to 100%.^{9,89,98} In 2012, D'Onofrio published the results of the Pancreatic Multicenter Ultrasound Study,⁹⁸ a large study evaluating CEUS versus pathology for diagnosis of pancreatic lesions in 1439 patients. In this study, the following sensitivities and specificities were found: for solid lesions, 88% sensitivity and 88% specificity; for neuroendocrine tumors, 74% sensitivity and 93% specificity; and for cystic lesions, 78% sensitivity and 100% specificity. In another study focused on cystic pancreatic lesions,⁹⁹ the sensitivity for diagnosing pseudocysts was 94% and the specificity was 77%. Finally, CEUS is useful for assessment of percutaneous ablation therapy assessment in the pancreas, both for confirmation of treatment results and for evaluation of residual tumor vascularity.^{18,100,101}

Kidneys

CEUS is important for studying a wide variety of kidney pathologies.¹⁰² CEUS enables dynamic assessment and quantification of both macro- and microvascularization without affecting renal function. A main indication for CEUS of the kidney is differentiating between solid renal masses and pseudotumors,^{5,11,12} again based primarily on differences in tumor vascularity versus normal parenchyma. Identification of a normal, hypovascular renal pyramid within the lesion during the nephrographic phase essentially confirms the diagnosis of pseudotumor. CEUS is also used to differentiate between solid lesions and cystic lesions^{5,103,104}: solid hypovascular tumor enhancement is minimal, while debris is completely nonenhancing. For diagnosis of cystic renal cell carcinoma, CEUS has been shown to be superior to both CT and MRI.^{105,106} Another indication is characterization of complex cystic renal masses (**Figure 5**).^{16,107–109} A retrospective performance study covering 1999 to 2010 included 721 patients with 1018 indeterminate renal masses referred for CEUS after inconclusive findings from other studies, which could have been unenhanced CT, CECT, unenhanced MRI, CEMRI, or unenhanced ultrasound.¹⁷ The initial studies were performed using existing protocols at the institution where the study was performed. Each study performed before the CEUS examination was classified prospectively using the Bosniak scoring system. Diagnostic accuracy measures were calculated by using pathologic diagnosis as the reference standard, as well as lesion stability at 3 and 5 years.

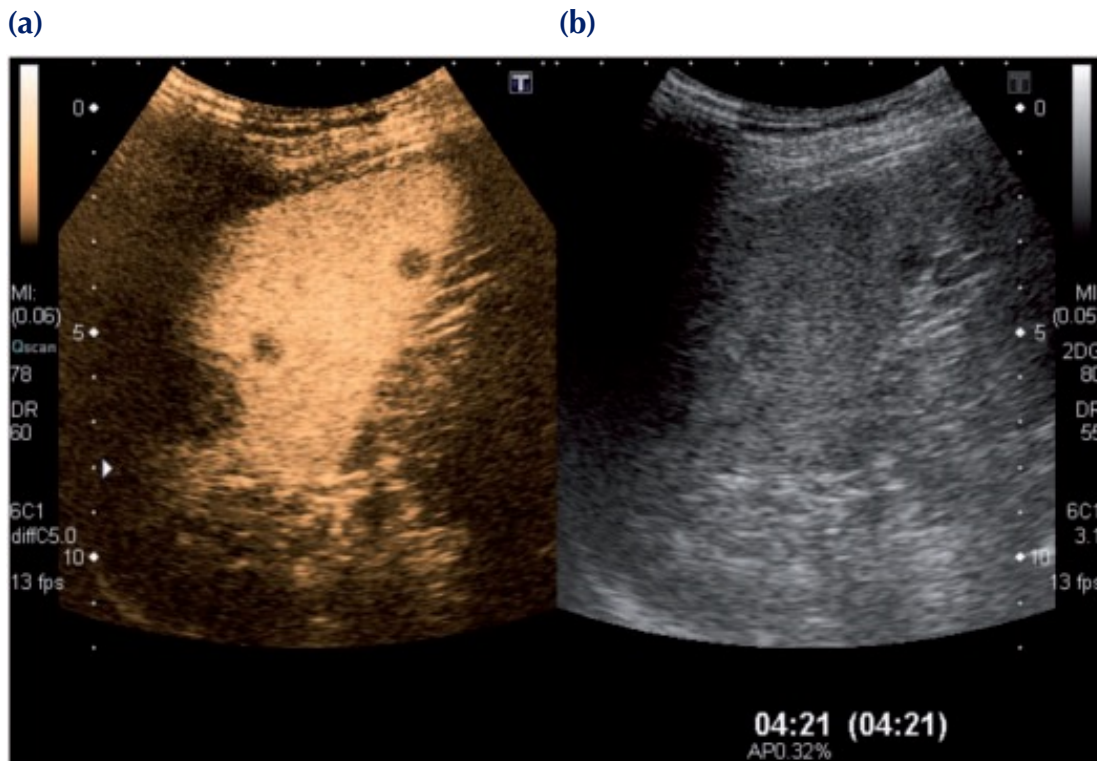
Figure 5. Complex benign cystic renal mass on right kidney in 47-year-old woman on (a) baseline sonography image, (b) CEUS, and (c) CECT. Baseline sonography shows 4-cm multiloculated cystic mass (arrow, a) with several thin septa. CEUS during the arterial phase (with software suppression of tissue background) shows almost complete cancellation of intracystic septa and evidence of only slight enhancement in thin intracystic septa (arrow, b). CECT during the nephrographic phase shows evident septa and intracystic septal calcification. The cystic lesion (arrow, c) was classified as benign after review of CEUS scan.¹⁰⁷ CECT=contrast-enhanced computed tomography; CEUS=contrast-enhanced ultrasound.



Spleen

Conventional gray-scale and Doppler ultrasound are frequently unable to characterize focal splenic lesions, and CEUS is often needed to make a definitive and/or differential diagnosis.¹³ Current recommended applications include^{5,13} characterization of splenic parenchymal inhomogeneity or suspected lesions on conventional ultrasound (**Figure 6**); confirmation of suspected splenic infarction; characterization of accessory spleens or splenosis; and detection of splenic malignant lesions in oncologic patients when CT, MRI, and/or positron emission tomography are contraindicated or inconclusive.

Figure 6. Discrete melanoma metastases identified on (a) CEUS that were seen only as inhomogeneous splenic parenchyma on (b) conventional ultrasound.¹³ CEUS=contrast-enhanced ultrasound.



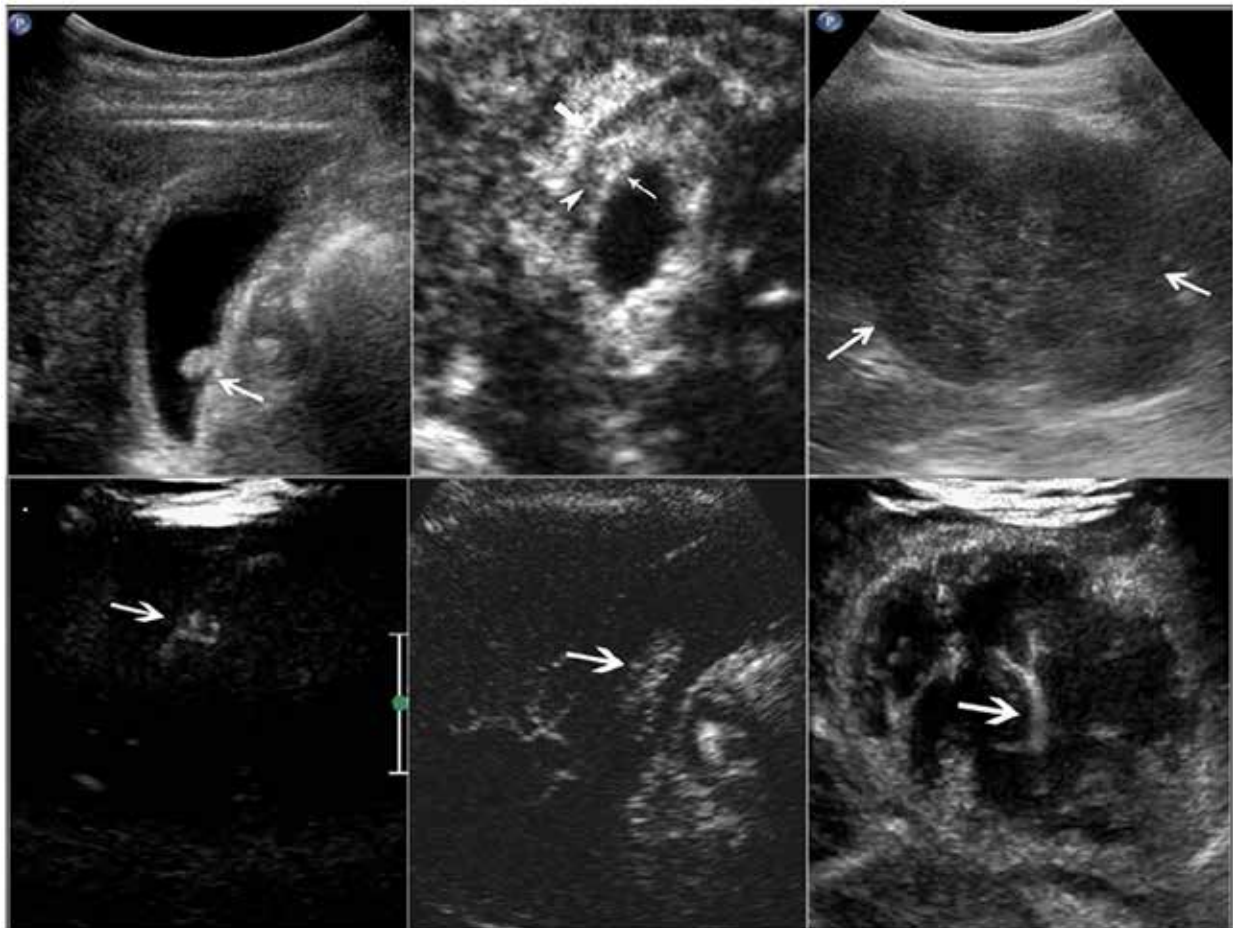
As with other abdominal lesions, enhancement patterns in various phases are used to characterize benign versus malignant splenic lesions.^{5,13} Benign lesions are associated with absence of enhancement in any phase, or arterial phase hyperenhancement accompanied by persistent late-phase enhancement, whereas malignant lesions are characterized by arterial phase hypoenhancement followed by washout in the late phase. However, hypoenhancement followed by washout in the late phase can also be seen in atypical benign lesions; if present, further imaging and/or biopsy is indicated.

Although CT is usually used to image splenic trauma, focused ultrasound is sometimes used in the initial triage of patients with abdominal trauma (focused assessment with sonography in trauma [FAST] US), particularly when administration of iodinated contrast media is not recommended.¹³ However, splenic lacerations and hematomas are often isoechoic, making them difficult to identify with conventional ultrasound. On CEUS, such lesions have reduced or absent perfusion in the late phase, making them more easily identifiable. In one study of patients with solid-organ injuries detected by CT, CEUS successfully identified all splenic injuries.¹¹¹ Current EFSUMB guidelines³⁰ recommend CEUS (1) as an alternative to CT to rule out solid-organ injuries (especially in children) in stable patients with isolated, moderate-energy abdominal trauma, (2) for further evaluation of equivocal CT findings, and (3) for follow-up of injuries when conservative management is the preferred strategy.

Gallbladder and Biliary Tree

Because ultrasound provides real-time scanning with no radiation, high-resolution images, and cost-effectiveness, ultrasound is the primary imaging modality for assessment of gallbladder disease.¹¹² A primary use for CEUS in the gallbladder is the differentiation of neoplasia from biliary sludge and debris, and to detect tumor infiltration of surrounding structures.⁵ In one study of 192 patients with gallbladder disease, CEUS was successfully used to identify findings associated with benign versus malignant lesions. Specifically, branched versus linear intralesional vessels and destruction of gallbladder wall on CEUS were found to be highly suggestive of gallbladder malignancy (**Figure 7**).¹¹²

Figure 7. Morphological types and intralesional blood vessels of gallbladder lesions. Upper left, polypoid type; upper middle, thickened-wall type; upper right, mass-forming type. Lower left, scattered blood vessels; lower middle, linear blood vessels; lower right, branched blood vessels.¹¹²



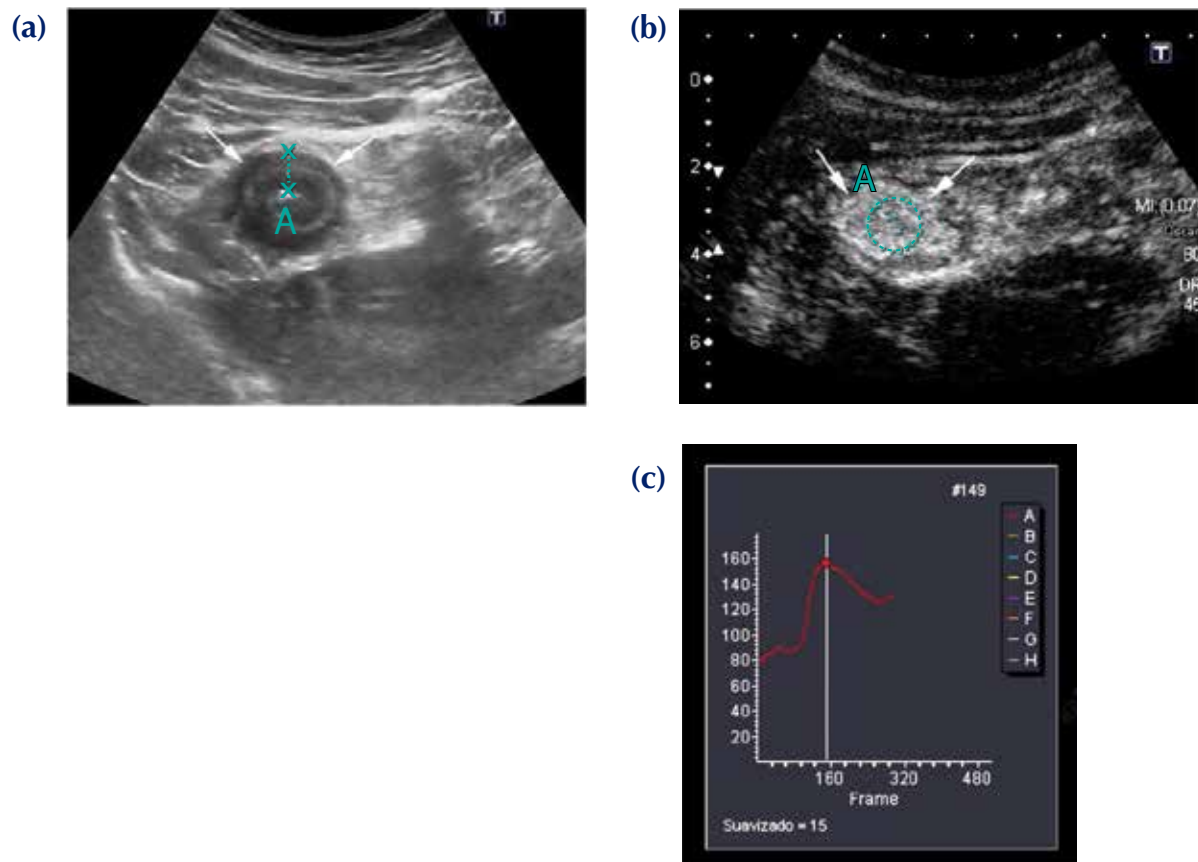
Vascular phases in the gallbladder differ from those in the liver: in the gallbladder, blood supply is provided entirely by the cystic artery and not by portal vein branches.^{5, 113} Therefore, in this organ, the arterial phase is followed directly by the venous phase.⁵ Gallbladder carcinomas are typically hyperenhancing in the arterial phase and hypoenhancing in the venous phase. In the biliary tree, CEUS is useful to evaluate patients with cholangiocarcinoma. In the case of extrahepatic cholangiocarcinoma, endoscopic CEUS is particularly useful to determine the depth of tumor infiltration and to detect involvement of surrounding tissue.^{36,85,113}

GI Tract

In the GI tract, CEUS is useful to evaluate bowel wall and peri-intestinal structures. For GI tract examination, higher frequency transducers (7.5 MHz) are typically used. The arterial phase lasts until 30 to 40 seconds after injection, followed by a venous phase, lasting until approximately 120 seconds.^{5,15}

A main indication is evaluation of inflammatory bowel disease (IBD). IBD is more often evaluated by CT or MRI, but CEUS can help assess activity in Crohn's disease.^{5,14,19,85} In the case of Crohn's disease, CEUS is useful to differentiate between fibrous and inflammatory strictures, and to quantify bowel wall vascularity (a marker of inflammatory activity).¹¹⁴ Contrast kinetics (ie, time-intensity curve analysis) are useful to further quantify disease activity.⁵ Based on patterns of contrast enhancement, CEUS has a sensitivity of 81% and a specificity of 63% for detecting active Crohn's disease.¹¹⁴ In addition, in a study of 105 patients with Crohn's disease, CEUS was shown to be more sensitive than magnetic resonance enterography (100% vs 87%, respectively), with similar specificity (92% vs 100%, respectively) for detecting terminal ileal inflammation (using ileoscopy as the gold standard).¹¹⁵ Finally, in a study of 60 patients with Crohn's disease, the authors assessed whether CEUS could increase the value of ultrasound, and found that the addition of contrast resulted in improved sensitivity (98%), specificity (100%), and accuracy (98.3%) for evaluation of postoperative recurrence (**Figure 8**).¹¹⁶

Figure 8. A 25-year-old man with previous ileocolonic resection for Crohn's disease with recurrence at the neoterminal ileum. Transverse US image (a) shows circumferential thickening of the neoterminal ileum (arrows). CEUS (b) shows marked enhancement of the neoterminal ileum. (c) Brightness–time curve shows a percentage of increase of enhancement of 100%.¹¹⁶ A=region of interest placed in bowel wall; CEUS=contrast-enhanced ultrasound; US=ultrasound.



CT is the gold standard for diagnosis of acute appendicitis; however, because ultrasound is faster and avoids radiation and iodinated contrast, ultrasound can be preferable over CT in patients requiring avoidance of radiation and/or iodinated contrast.¹¹⁷ As such, CEUS is useful both for diagnosis of acute appendicitis and determination of inflammation stage¹¹⁸: on CEUS, early stages of acute appendicitis are associated with hypervascularity, versus abscess and necrosis, which are associated with hypovascularity.¹¹⁹

CEUS of the Abdomen in Children

CECT exposes children to ionizing radiation and potentially nephrotoxic iodinated contrast, and CEMRI involves gadolinium contrast administration and often, in children, sedation – all concerns in this vulnerable population, particularly in children requiring serial examinations. In contrast, CEUS is a real-time, noninvasive, relatively low-cost examination without ionizing radiation that requires no sedation. An additional advantage is that CEUS can be performed in a variety of settings, from bedside to operating room.¹²⁰

Of the available UCAs, only Lumason is approved for use in ultrasonography of the liver for characterization of FLLs in pediatric patients²⁴; therefore, use of this agent for this application in children is not off-label. Recent studies using second-generation UCA in children suggest that CEUS is safe and effective for hepatic applications.^{120–122} In addition, a recent literature review showed CEUS in children is comparable to CT and MRI, with a specificity of 98% for identifying benign lesions and an NPV of 100%.¹²⁰ Nonhepatic applications in children include evaluation for appendicitis, Crohn's disease, intussusception, and pyloric stenosis.¹²³

In a European survey of pediatric radiologists with experience using a second-generation UCA, 45 centers reported 5079 examinations in children (mean age 2.9 years; range birth–18 years).¹²⁴ Of these examinations, 4131 (81%) in 29 centers were intravesical applications and 948 (19%) in 30 centers were intravenous applications. Six (0.52%) minor adverse events (AEs; skin reaction, unusual taste, and hyperventilation) were reported after 5 intravenous studies, and no AEs were reported after intravesical use, suggesting a favorable safety profile for this second-generation UCA in children. A large (N=305) safety and economic study in children receiving CEUS, most with liver lesions or trauma, demonstrated no immediate AEs, and delayed AEs in 2 patients (0.7%; transient hypertension and transient tachycardia, neither symptomatic).¹²² In this same study, use of CEUS avoided 97 MRI examinations and 71 CT examinations, resulting in potential cost savings of \$180 versus MRI (not including anesthesia) and \$74 versus CT.

CEUS SAFETY

UCAs are considered safe, and associated with a low incidence of AEs²; the AE rates reported with UCAs are lower than those for CT contrast agents and comparable to those for MRI contrast agents.¹²⁵ Because UCAs are excreted via the lungs, no nephrotoxic effects occur, and no laboratory tests are needed to assess liver or kidney function prior to administration.¹ In addition, UCAs contain no iodine, so they are not associated with any thyroid effects.¹ Life-threatening anaphylactoid reactions are rare in abdominal CEUS applications (0.001%–0.002%), with no deaths reported in a series of more than 23,000 patients. The severe reaction rate to UCA is significantly lower than severe reactions to iodinated contrast agents used for CT and gadolinium-based contrast agents used for MRI.^{126,127} Nevertheless, healthcare providers administering UCAs should receive training in resuscitation and have appropriate facilities available in the event of a severe AE.

Older FDA labeling contained a contraindication for UCAs in patients with severe cardiopulmonary disease and imposed patient monitoring for 30 minutes after injection; however, the contraindications were downgraded to warnings in 2008 and, in 2011, the requirement to observe patients for 30 minutes after injection was removed.² In 2016, the FDA removed the contraindication that UCAs should not be used in patients with known or suspected right-to-left, bidirectional, or transient right-to-left cardiac shunts.^{22–24,128}

Data from small animal models suggest that microvascular disruption can occur when microspheres are insonated.¹²⁹ Therefore, low-MI technique is recommended for CEUS. Where high-MI sequences are deemed necessary, the risks should be considered in light of the potential benefits.² Data are limited on the use of UCA during pregnancy or breastfeeding.^{2,130}

PHARMACOECONOMICS OF CEUS

In general, ultrasound is widely believed to be more accessible and less costly than CT or MRI, and several studies have demonstrated cost savings when CEUS was compared with CECT or CEMRI.^{131–135} In a study to assess the diagnostic impact and cost of CEUS, CT, and MRI for characterization of FLLs in 157 patients, CEUS led to a change in the diagnostic workup in 131 patients (83.4%) and in the therapeutic workup in 93 patients (59.2%).¹³⁶ In addition, CEUS allowed for the final diagnosis to be established in 133 patients (84.7%). In addition, the cost of CEUS was found to be lower than that of CECT and MRI. A large systematic review conducted in 2013 found that CEUS was a cost-effective alternative to CECT for surveillance of cirrhosis and for characterization of incidentally detected FLLs.¹³⁷ The NICE (National Institute for Health and Care Excellence) diagnostic guidance publication on SonoVue for CEUS of the liver found that the lower cost combined with slightly better performance meant that CEUS was more cost effective than either CECT or CEMRI.¹³⁸ Importantly, cost savings associated with CEUS were found to be considerably greater when CEUS was performed at specialized centers.¹³⁹ While this analysis cannot be fully extrapolated into US dollar savings, it does provide insights into how CEUS—whether using SonoVue or another UCA—can potentially improve diagnostic outcomes while reducing costs.

SUMMARY AND CONCLUSIONS

The use of second-generation UCAs together with contrast-specific ultrasound modes permit detection and characterization of a wide variety of pathologies associated with abdominal organs, with high sensitivity and specificity. A primary use is real-time evaluation of FLLs on the basis of characteristic contrast enhancement patterns and washin/washout kinetics. Current guidelines include a number of extrahepatic applications of CEUS, including evaluation of the pancreas, kidneys, gallbladder, and GI tract. The advantages of CEUS over other noninvasive imaging modalities are numerous, and include a lack of ionizing radiation, increased accessibility and portability (including the potential for point-of-care, bedside use) and improved patient comfort. Studies also show that relative to CT and MRI, CEUS is associated with lower costs, especially when performed in a specialized setting. Finally, the benefits of CEUS are particularly significant in patients with renal dysfunction: the potential clinical outcomes of iodinated contrast (nephrotoxicity) and gadolinium-based contrast (nephrogenic systemic fibrosis) in patients with poor renal function is an important consideration when selecting an imaging modality.

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