

WHAT TO EXPECT AT YOUR PRENATAL ULTRASOUND

Ultrasound visit preparation:

If you are in your first trimester please come to your appointment with a full bladder and do not empty your bladder until after your ultrasound. Tip: Empty your bladder an hour and a half prior to your appointment and immediately consume 4 cups of water.

Ultrasound Policies:

- Please arrive 15 minutes prior to your appointment time to allow for check in. If you are late, we may need to reschedule your appointment.
- Food and drink is not permitted in the ultrasound room.
- In order to ensure the quality of your ultrasound we do not permit recordings or pictures to be taken during the ultrasound examinations. Cell phones must be turned off during the exam as well.
- Your sonographer may provide you with pictures if they are able to. The ability to capture adequate pictures largely depends on the baby's position.
- Please limit guests to 1 additional adult. If there is a need to bring a child with you to your ultrasound appointment, children under the age of 5 must be supervised by an accompanying adult.
- We ask that you help promote a quiet environment so that your sonographer can focus on the quality of your diagnostic scan.
- Please keep your mask on covering you nose and mouth at all times unless otherwise instructed.

WHAT TO EXPECT AT YOUR FIRST TRIMESTER SCREENING VISIT (11 weeks - 13 weeks 6 days)

First trimester screening is a prenatal screening for chromosomal abnormalities with the fetus, specifically Trisomy 21, Trisomy 18, and Trisomy 13. You will first meet with a genetic counselor who will explain the available tests to you, map your family history, take a finger stick for the blood work portion of the test, and be the person to call you with the results of the testing.

Next you will have an ultrasound to measure the nuchal translucency of the fetus. All of our sonographers are certified through the Fetal Medicine Foundation in performing these measurements. It is very important that you have a full bladder to assist in the quality of this ultrasound. Ultrasound results are same day. The bloodwork portion of the testing takes 3 business days and you will be contacted by the genetic counselor with the complete first trimester screening results.

WHAT TO EXPECT AT YOUR ANATOMY SCAN (19 weeks - 22 weeks)

At the fetal anatomy survey your sonographer will be looking at your baby from head to toe. This scan is best performed from 19-22 weeks in order to get the best look at the baby's heart, spine, brain, and all other anatomy. It is possible for this scan to take up to an hour, therefore it is very important that you are on time to your appointment. Ultrasound results are same day.



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