

What preparation is required?

Prenatal ultrasound works best with a full bladder. You will be asked to drink two 250 ml (8oz) glasses of water 1 ½ hours before the scan and to refrain from voiding until the examination is over.

You can expect some temporary discomfort due to a full bladder.

Can members of my family accompany me during my ultrasound?

The Diagnostic Imaging Department recognizes the value of having a support person present with the mother during the diagnostic portion of the exam. Therefore, one support person (spouse/partner OR family member OR friend over the age of 16) is welcome to sit with you through the exam.

Family and/or friends up to a maximum of 4 (including the support person) are permitted to view the ultrasound at **the end of the exam.**

For safety reasons, children under the age of 12 must be accompanied by an adult (other than the patient) to view the ultrasound.

***Cameras are not permitted.



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A Guide to your Prenatal Ultrasound

Patient Information

What is an Ultrasound ?

Prenatal ultrasound consists of high frequency sound waves, directed at the fetus.

Images are produced when the sound waves echo back from tissues of different densities.

There are no proven harmful effects of ultrasound on you or your baby.

What are some of the reasons for having an ultrasound?

Ultrasound during pregnancy can help determine:

- ◆ the size of the fetus for estimating the age of the baby;
- ◆ the number of fetuses;
- ◆ the position of the placenta within the uterus;
- ◆ some fetal abnormalities; or
- ◆ later in pregnancy, it can be used to assess possible problems.

What are its limitations?

Many abnormalities cannot be detected by ultrasound. Some can develop or appear later in your pregnancy.

Should I have an ultrasound during my pregnancy?

The choice is yours. Either way, your doctor will provide you with all aspects of regular prenatal care and can order an ultrasound for you at any time during your pregnancy-if medically necessary.

What happens during an ultrasound?

There are different ways to perform ultrasound. The most common way is to scan the abdomen with a hand-held scanner that sends ultrasound waves into the body.

Your ultrasound will be performed by a trained Sonographer, and will be reviewed by a Radiologist.

Can I get A picture of the baby?

Sonogram pictures of the baby are available for a fee. The price is \$21, but please note that this fee is subject to change at any time.

Why is an ultrasound recommended between 18 and 20 weeks of pregnancy?

The best time to have a routine prenatal ultrasound is between 18 to 20 weeks, because at this time the procedure can determine the age of your baby and can provide you and your doctor with additional information about the health of your pregnancy. Before 18 weeks, ultrasound will provide limited information.

Can I find out the sex of my baby from having an ultrasound?

It is understood and accepted that pre-natal bonding can have a positive effect on fetal well being and that knowledge of a fetus's gender can contribute to successful bonding. Therefore, *at the request of the patient* (mother), an attempt to determine the gender will be made.

Please be aware that the diagnostic portion of the obstetrical ultrasound takes approximately 45 minutes and the technologist is unable to disclose the sex of the fetus until **the end of the exam.**