

Patient Information on Pregnancy Ultrasound

An accurate way to assess the health of your unborn baby

Why have an ultrasound?

Your care provider has asked that you have an ultrasound as a non-invasive test to assist in following and monitoring your pregnancy. This exam gives you valuable information about your pregnancy that will help your care provider in ensuring a successful outcome for you and your baby. **There are many reasons to have an ultrasound:**

Early in pregnancy

- To find out the number of babies.
- To find out how far along you are into your pregnancy and your baby's due date.
- To check the pregnancy when there is pain or bleeding.

Middle part of pregnancy

- To see the baby's growth and check for problems and abnormalities.
- To check the baby's size.
- To check the location of the placenta.

Late in pregnancy

- To see the baby's growth, position, and well-being.

Preparation:

In order to get clear pictures, you must arrive with a full bladder. Please follow the instructions given to you when your appointment is booked. If your bladder is not full, it may not be possible to perform your test. If you find that you are uncomfortable (unable to walk or sit down), you have too much fluid in your bladder and may have to release some. Please speak to one of our staff for instructions.

Your Appointment:

The time needed for an obstetric ultrasound depends on factors like how far along you are and the baby's position and movements. It is important to be on time to allow enough time for the Sonographer to complete your ultrasound.

The Procedure:

Ultrasound uses sound waves to get pictures of your baby. Ultrasound has no known side effects and there is no pain. The ultrasound is a "real-time" procedure with the pictures changing as your baby moves. The Sonographer needs to concentrate to see your baby and get all the necessary pictures. Therefore, during your 18-22 week appointment, a support person/family member may be brought into the room to see your baby for a few minutes after the exam is finished, if time allows. Please note a support person is only permitted at the 18-22 week routine anatomy scan.

If you are booked for an urgent or an emergency ultrasound, we regret you will not be able to see the baby or have a family member come in with you. Your care provider will follow up with you after your appointment.

COVID-19 Service Changes:

We regret that we cannot allow children in the hospital during your ultrasound appointment.

Can the Sonographer give me results?

Our Sonographers are not allowed to give you information at the time of your exam. The Radiologist is responsible for reading the images and sending a written report to your care provider.

How can I find out if my baby is a boy or a girl?

During your 18-22 week ultrasound, a reasonable attempt will be made to determine if your baby is a boy or a girl. **The Sonographer is not allowed to tell you what you are having at the time of your exam.** The Radiologist will read the ultrasound and if the sex of your baby can be seen, it will be included on the report to your care provider. It is important to note that we cannot always see and are not always 100% accurate.

Can I get pictures of my baby?

Pictures of your baby are available after your appointment through PocketHealth© by enrolling online at pocket.health/MAHC. After enrolling, you can share imaging instantly with any physician or even burn your own CD/USB from home. There is a \$5 fee at the time of enrolment. The Sonographer will take the best pictures possible based on your baby's movements and the time constraints of other urgent exams.

Limitations:

Please do not be concerned if you are called for a repeat ultrasound. You may be recalled due to your baby's position affecting measurements or other normal factors.

Contact Us:

We're here to help. If you have questions, please contact the Diagnostic Imaging Departments at:

South Muskoka Memorial Hospital –
705-645-4404, ext. 3112

Huntsville District Memorial Hospital –
705-789-2311, ext. 2242