

## WHAT TO EXPECT DURING YOUR ULTRASOUND



Ultrasound uses sound waves that bounce off internal organs to create a black and white image. We use the state of the art GE Voluson 3D/4D machine to insure the best possible resolution. Although ultrasound has come a long way, even the best equipment in the best hands can not identify every abnormality or guarantee a “perfect baby”. It should also be remembered that although most expectant parents view an ultrasound as a fun and exciting experience, it is in fact a diagnostic tool like MRI or a blood test and therefore a medical need is generally necessary for its use.

### **1<sup>ST</sup> TRIMESTER OB SCANS (12 WEEKS OR LESS)**

These scans will be performed vaginally with a small sheath covered probe that has been properly sterilized for your protection. You will need to undress from the waist down and will be covered during the exam. This should not be an uncomfortable exam. It is not necessary to have a full bladder, so feel free to empty prior to the scan.

### **2<sup>ND</sup> AND 3<sup>RD</sup> TRIMESTER OB SCANS (13-40 WEEKS)**

This ultrasound will be performed on your abdomen after a small amount of warm gel has been applied. You will not need to undress and should have no discomfort during the exam. It is not necessary to have a full bladder, so feel free to empty prior to the scan.



## FREQUENTLY ASKED QUESTIONS

### **How many ultrasounds will I receive during my pregnancy?**

Every patient is offered a screening ultrasound at 16-18 weeks to evaluate the growth, anatomy and well being of the fetus. Other scans may be performed earlier and/or later during a pregnancy for a variety of reasons. The doctors will let you know if another ultrasound is indicated during your pregnancy. You also have the option of scheduling a 3D/4D study, however this will not be covered by your insurance.

### **Who will perform my ultrasound?**

Our Ob/Gyn registered sonographer, Theresa Watson, performs most of the ultrasounds here in the office. In certain cases one of the doctors may perform your scan or you may be sent to an off site facility for a specialized ultrasound.

### **Will I be able to see my ultrasound?**

YES. For your convenience we have a large flat screen monitor mounted on the wall in the ultrasound room for easy visualization during your entire exam.

### **Will I receive pictures of my baby's ultrasound?**

YES. We will provide you with a few black and white ultrasound pictures of your baby. We do not videotape and do not allow patients to bring video cameras into the ultrasound room.



### **Will I be able to find out the sex of my baby?**

If you want to find out the gender of your baby we will do our best to accurately determine the sex. In rare cases the fetus will not cooperate and gender determination is not possible.

### **What is 3D/4D ultrasound?**

3D ultrasound uses the same safe sound waves as 2D imaging but by capturing another dimension gives a much more realistic picture of the fetus. 4D is a live mode of 3D to watch the baby move.

### **Does every patient get a 3D/4D scan?**

We allow all of our patients to purchase a CD of images (which will include a few 3D pictures) at any ultrasound visit. A cost of \$25 (not covered by insurance) will cover the CD and extra time involved to capture these images. Our sonographer will ask you at the beginning of the study if you would like to purchase a CD. It will take one week to complete your CD and you may pick it up at the front desk then or at your next regularly scheduled appointment.

Some patients may want a more in depth 3D/4D study. Patients are able to schedule a 3D/4D scan for a charge of \$150.00. These ultrasounds are not covered by insurance and will be your responsibility.

### **When is the best time to do a 3D/4D scan?**

The optimum time is around 28-34 weeks; however, many patients enjoy the 1<sup>st</sup> trimester and earlier scans as well.

### **Will every 3D/4D scan look like the pictures in magazines and on TV?**

3D/4D ultrasound is very dependent upon the baby's position and amount of amniotic fluid present. Just like regular 2D ultrasound there are times when it is difficult to obtain a good image of the baby. We will always try to get the best images that we can for you.

### **Who can I bring with me to my ultrasound appointment?**



The ultrasound is an intimate bonding time and you are welcome to bring family members/friends with you. Older children (4 or 5 and up) usually understand and enjoy the ultrasound. Younger children are sometimes frightened of the dark room and will cry and make it difficult to perform the study. If you choose to bring children with you please be sure to have another adult present to supervise them.

### **What if I still have questions about my ultrasound options?**

Please feel free to discuss all of your ultrasound questions with any of the doctors at your regular scheduled appointments. You may also call the office and leave a message for our sonographer and she will return your call.