

Obstetrical Ultrasounds

An ultrasound is used to check your baby's growth and take a head-to-toe look at your baby's anatomy. The detail provided by an ultrasound depends on how far along you are in the pregnancy, the amount of fluid around the baby, the fetal position, gestational age, and the size of the mother.

During an ultrasound exam, a transducer sends sound waves through the body. The sound waves come into contact with tissues, body fluids, and bones. The waves then bounce back, like echoes. The transducer receives these echoes, which are converted to images. The images can be viewed as pictures on a monitor or tv screen.



Types of Ultrasound

Transabdominal: The most common type, where the transducer is placed on the abdomen.

Transvaginal: A probe is inserted into the vagina to obtain more detailed images, especially in early pregnancy.

Preparation

Clothing: Wear comfortable, loose-fitting clothing that allows access to the abdomen.

Diet: Generally, no dietary restrictions are necessary.

Bladder: A full bladder is needed for many transabdominal scans. You will be informed of this if needed. A full bladder is NOT needed for a transvaginal scan.

During the Procedure

Gel Application: A gel is applied to the skin to ensure good sound wave transmission.

Positioning: You may be asked to lie on your back or slightly tilted depending on exam type.

Transducer Movement: The technologist will move the transducer across your abdomen or vagina to capture images.

What to Expect

Painless: The procedure is painless, although some pressure may be felt during both types of ultrasound.

Images: You will be able to see the images of your baby on a monitor.

3D Images: We will attempt to take a 3D image of your baby; this will be dependent on the position of your baby at the time of the scan.

Pictures: We will print several pictures of your baby for you to take with you.

Digital Recordings: Because ultrasound is a medical procedure, digital recordings, including photos and videos on a cell phone, are not permitted in our office. This includes FaceTime, all social media, or any other type of platform or app with video/audio capabilities.

Additional Information

Children/Guests: We recognize that, at times, you may need to bring your children to your appointment. And trust us, we love to see your little ones' smiling faces! However, our practice has a busy waiting room, potentially dangerous equipment, supplies, and medications, all of which present a safety hazard for unsupervised children. It's also important that we maintain a quiet and peaceful atmosphere.

- If you need to bring your children to your appointment, please bring a responsible adult to supervise them or you may be asked to reschedule.
- Due to the limited space in our Exam and Ultrasound rooms, we ask that you bring no more than 3 guests to your appointment.

First Trimester Ultrasound

Your first trimester ultrasound will be an internal (vaginal) scan. This method provides the clearest image during early pregnancy to confirm your due date through baby's measurements. We'll also check the fetal heart rate, placenta, umbilical cord, and your pelvic organs. It's too early to determine gender at this stage.

Second Trimester Ultrasound

Your second trimester anatomy scan will be done externally, over your abdomen. This comprehensive ultrasound is much longer, as we'll capture many images of your baby's developing organs, including their brain, spine, and heart. We'll also assess the placenta, umbilical cord, and your pelvic organs, along with taking measurements to ensure healthy growth. If you wish to know, we can determine your baby's gender during this scan; otherwise, it will remain a surprise until delivery!

