



12 – 14 Week Ultrasound

- ☑ **Please come with a *full bladder* which will make it easier to obtain images of your baby.**
- ☑ **You also need to have had first trimester bloods/Maternal Serum done *7 full working days before* you come for your scan.**

The 12-14 Week Ultrasound scan is performed at the end of the first trimester of pregnancy between 12 weeks 0 days and 13 weeks 6 days. This scan is an opportunity to conduct a risk assessment for chromosomal anomalies and to assess the anatomy of your baby.

During this scan we will look at how your baby is growing, confirm your due date and assess your cervix.

Here are a few things that will be seen during this exam:

- anatomy – many structures can be seen at this stage. We can confirm normal anatomy and can also identify unexpected findings that may need to be followed up at a later stage
- you will hear your baby's heartbeat
- the position of the placenta and length of your cervix
- we will confirm your baby is growing at the expected rate and confirm the expected due date.

Risks

Ultrasound is safe to use throughout your pregnancy. As your baby is very mobile, it is sometimes preferable to perform a vaginal scan, to improve our images.

If you are allergic to latex prior to the vaginal scan or you do not know then a latex-free cover will be used on the probe.

Occasionally there is some discomfort from probe pressure on a full bladder or from the vaginal probe manipulation. If this is extremely painful, please let us know.

Benefits

You will be able to see all of your developing baby. We can take some important measurements which allows us to give you an accurate risk assessment for your baby.

You have the option of receiving the results of the scan on the day of your appointment by our consultant. If you prefer this option, please let reception know at the time of booking.



What is an ultrasound?

An ultrasound scan uses high-frequency sound waves to create images of the inside of your body and baby. Sound waves are used instead of radiation which makes them safe.

What do I need to do to have a risk assessment for my baby?

You will need to have a blood test done before coming to Allcare Gynaecology for your ultrasound scan. Your doctor will organise this for you. Ideally, you should have your first trimester bloods/ Maternal Serum done at 11 weeks gestation. Your doctor will organise a form for you.

We like to scan you between 12 and 13.6 weeks of pregnancy.

Why is a 12-14 weeks scan different at Allcare Gynaecology?

We offer a comprehensive risk assessment for your baby between 12 -13.6 weeks which includes screening for pre-eclampsia and foetal growth restriction.

Our sonographers are trained to the highest standards to perform these specialist measurements of you and your baby. They hold Certificates in Competence from the Fetal Medicine Foundation which is recognised by the Royal Australian and New Zealand College of Obstetricians and Gynaecologists.

We measure:

- your baby's nasal bone
- the thin layer of fluid at the back of the baby's neck (the nuchal translucency)
- your blood pressure (we take two measurements from both arms)
- the blood flow between you and your baby.

We also examine:

- your blood results
- your age
- your weight
- whether you have had any previous problems in pregnancies (if relevant).

When you choose to have your first trimester scan with us, you can be confident that the risk assessment results you receive are the best available in obstetric scanning today.

Allcare Gynaecology provides a comforting and safe environment to ensure that you have the best possible care and experience.

What happens on the day?

When you arrive for your scan, you will be asked to complete a form about your pregnancy to date.

You will then have your blood pressure taken on both arms and your height and weight will be measured if you are not sure. Your measurements may be taken before or after you have your scan.

When the sonographer takes you through to the scanning room, you will be asked to lie on the table and expose your tummy. A towel will be tucked into your pants to limit spread of the gel onto your clothes.

Clear gel is applied to your tummy and the sonographer moves the probe over your tummy to record images. The clear gel is water-soluble, so it will not stain your clothes. It is just a little sticky!

We will take measurements of your baby and check your placenta and ovaries.

Occasionally a vaginal scan is also performed to give us a better view of your baby.

Once the scan is completed, the sonographer will leave the room. All of your measurements, including your blood pressure and blood results, will be reviewed by our doctor. Results will be sent to your referring doctor and they will give them to you at your next appointment.

You will be given your expected due date on the day and your images can be emailed to you. Alternatively, you may bring a USB for us to transfer your images to.



How long will it take?

The 12-14 week scan takes about 45 minutes depending on the position of your baby.

The 12-14 week scan and a consultation with our doctor on the day takes approximately 60 minutes.

(Please allow extra time in your schedule when you come to see us for a 12-14 week scan. Occasionally we have to wait until your baby moves into a better position or recalculate your measurements and this can take a few extra minutes).

Important things to know

- This ultrasound scan is best performed between 12 weeks and 13 weeks 6 days gestation
- It is important that you have first trimester bloods/Maternal Serum done 7 full working days before you come for your scan. Your doctor will organise this for you.