

OB Ultrasound Pregnancy Prep

(complete, follow-up or limited)

1ST TRIMESTER

under 14 weeks

32 oz of water
finished - 1 hour
prior to exam and
hold bladder

2ND TRIMESTER

14 - 24 weeks, best
at 20 weeks; must
be minimum of 18
weeks for fetal survey

16 oz of water finished
- 1 hour prior to exam
and hold bladder

3RD TRIMESTER

over 24 weeks

No preparation
required

What is an ultrasound?

An ultrasound, or sonogram, is a computerized picture taken by bouncing sound waves off pelvic organs and other interior body parts. A transducer is gently moved along the outside of the body over the pelvis area or organ. As it glides, it introduces sound waves into the body. These sound waves bounce off the intended area and back into the transducer, which feeds the information into a computer. Diagnostic Imaging Northwest does not perform OB Ultrasounds solely for the purpose of obtaining a fetal face picture. There must be a medical indication for the exam.

How should I prepare?

Specific preparation instructions may vary according to the specific test ordered, i.e. limited food or liquid intake for some examinations and heavy water intake for others. For obstetrical ultrasound: preparation for this examination depends on your trimester of pregnancy. See guide top of page.

What should I expect?

During the exam, you will be asked to lie on a table while an ultrasound transducer (a device which produces the sound waves and receives their echoes) is placed in contact with the skin over the organ of interest. Ultrasound is painless and safe. There is no radiation involved. Images are displayed "real time" as displayed on a video screen. When possible, keepsake images will be saved on a CD for the patient to take with them.

Two additional people in total, including children, are allowed in the exam room with patient. No unattended children are allowed.



DIAGNOSTIC IMAGING
NORTHWEST

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What are some common uses of the procedure?

Obstetrical ultrasound is a useful clinical test to:

- Establish the presence of a living embryo/fetus.
- Estimate the age of the pregnancy.
- Diagnose congenital abnormalities of the fetus.
- Evaluate the position of the fetus.
- Evaluate the position of the placenta.
- Determine if there are multiple pregnancies.
- Determine the amount of amniotic fluid around the baby.
- Check for opening or shortening of the cervix or mouth of the womb.
- Assess fetal growth.
- Assess fetal well-being.

Our sonographers help you with your ultrasound procedure and answer your questions when possible. Sonographers are not trained to do diagnostic interpretation or give medical advice. All images are reviewed by a radiologist who will send a full report to the patient's preferred health care provider for them to discuss results.

More Helpful Information

What is sonography?

Ultrasonography, or sonography for short, is the medical use of ultrasound to acquire an image. Ultrasound is a high frequency sound wave, which means the sound is too high-pitched to be detected by human hearing. Ultrasound is used to produce dynamic visual images of organs, tissues, or blood flow inside the body. This type of procedure is often referred to as a sonogram or ultrasound scan.

Sonography can be used to examine many parts of the body, including the abdomen, breasts, male and female reproductive systems, thyroid, and blood vessels.

How long is the OB ultrasound?

Often patients are surprised at the length and detail of their fetal anatomy ultrasound. Your visit will take approximately 60 minutes, and during that time many very technical images will be obtained. Our staff will make sure to keep you involved in your exam, and describe baby's pictures as they are taken.

What is a transvaginal ultrasound?

Though this test is not frequently requested, transvaginal ultrasound is a type of pelvic ultrasound. It is used to look at a woman's reproductive organs, including the uterus, ovaries, cervix, and vagina. Transvaginal means across or through the vagina. You will be asked to undress from the waist down (a sheet will be provided for additional privacy) and a small portion of an ultrasound probe will be placed into the vagina. A transvaginal ultrasound is done with your bladder empty. The test is usually painless, although some women may have mild discomfort from the pressure of the probe. Your health care provider will let you know if this test is requested prior to your visit.

What is the gender?

At the patient's request, the sonographer will do their best to determine gender. This is never 100% accurate, and there are (rarely) instances where it cannot be determined. While this is a medical exam and our top priority is visualizing the medically necessary anatomy, we want to make this a fun and exciting experience for every family.

What are the benefits vs. risks?

BENEFITS:

- Most ultrasound scanning is noninvasive (no needles or injections) and is usually painless.
- Ultrasound is widely available, easy-to-use and less expensive than other imaging methods.
- Ultrasound imaging does not use any ionizing radiation.
- Ultrasound scanning gives a clear picture of soft tissues that do not show up well on x-ray images.
- Ultrasound is the preferred imaging modality for the diagnosis and monitoring of pregnant women and their unborn babies.
- Ultrasound has been used to evaluate pregnancy for nearly four decades and there has been no evidence of harm to the patient, embryo or fetus. Nevertheless, ultrasound should be performed only when medically indicated.
- Ultrasound allows the doctor to see inside the uterus and provides much information about the pregnancy.

RISKS:

- For standard diagnostic ultrasound there are no known harmful effects on humans.

Other resources visit these sites:

www.radiologyinfo.org



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