

# Your baby's ultrasound scan to check hip development

Department of Radiology

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Information for Patients, Parents or Carers

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## Introduction

**If your child is an outpatient please read your appointment letter carefully. It will tell you which hospital their appointment is at.**

It may help your baby to relax if they have a feed shortly before the scan.

Please ask to use a private room if you wish.



## Why does my baby need a scan of the hips?

Some babies hips are scanned to check for a condition called developmental dysplasia of the hip (DDH). This is a condition where the "ball and socket" joint of the hip does not form properly in babies and young children. The scan will check the socket of the hip joint to find out if it is growing normally. Babies should have an ultrasound scan if their hips are unstable at their newborn check. They should also have the scan if they have a higher chance of getting hip problems. This includes:

- babies whose parents or siblings had hip problems that started as a baby or young child that needed treatment.
- babies born feet or bottom downwards (breech position) between 28 weeks and full-term pregnancy.
- babies in the breech position at or after 36 weeks of pregnancy.
- babies from a multiple pregnancy where 1 baby had any of the problems above.

## When should the scan be done?

It is best to scan a baby's hip at about 4 to 8 weeks old. At this age, the socket joint has had some time to grow and develop. Their bones are still soft and will show up on ultrasound scanning. It also means any problems can be found as early as possible. If your baby was born very early (premature), they may need to be scanned 4 to 8 weeks after they were due to be born. This will give their bones a bit more time to develop first.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## What happens in the scan room?

A specialist radiographer (sonographer) will do the scan. There will also be a radiology assistant in the room.

You will be asked to undress your baby from the waist down leaving the nappy on. The sonographer will help to lie your baby down in the best position for the scan. They may use a special hip cradle which is comfortable for your baby. This helps to keep them in the right position for the scan. A water-based jelly will be placed on your baby's skin and the ultrasound probe will be passed over this area.

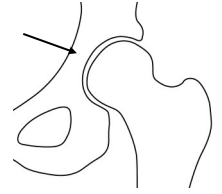
During the scan the sonographer takes measurements of the hip joint. This is to check if it looks normal or shallow. Both hips will be scanned, even if a problem has only been noticed in 1 hip.

Picture **A** shows a normal hip. Picture **B** shows a hip joint that is slightly shallow.

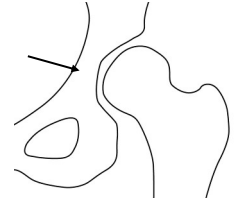
You can stay in the room while we do the scan. It will take about 10 minutes.

After the scan you can wipe the jelly off, get your baby dressed and go home.

**A.** Normal hip socket



**B.** Shallow hip socket



## How do I find out the results?

After the scan the sonographer will talk to you about the results. They will tell you if the hip joint is normal or needs a review in a specialist hip clinic.

## Referral to the hip clinic

If the hip joint looks shallow we will refer your baby to the hip clinic. You will get an appointment letter through the post. This is a one-stop clinic where your baby's hips will be scanned again and be seen by a doctor who specialises in bones and joints (orthopaedic doctor). The doctor will examine your baby and decide what treatment, if any, is needed.

## What if I need to talk to someone?

If you have any questions or concerns, or cannot make the appointment please call the Radiology department on **0116 258 8765** and select **option 1**. Monday to Friday 9am to 5pm, but not on bank holidays.



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على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)