

Having an ultrasound scan of your unborn baby

Maternity Services

Information for Patients

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It is important that you read this before your appointment.

You should have got an **appointment letter** with this leaflet. It will tell you the **date and time** for your next ultrasound scan.

For your appointment you must:

- **bring your handheld notes** to your scan.
- check your appointment letter carefully and **come to the correct hospital**.
- arrive at least **10 minutes before your appointment time**.

Being late can mean not having enough time to look at your baby fully. You will then need to rebook your appointment. This can mean missing a scan at the best time for you and your baby. Parking can be difficult so please have plenty of time to park.

To cancel your appointment call us with the phone number on your appointment letter.

How do I get ready for my ultrasound scan?

An ultrasound scan lets us look inside the body at your unborn baby. We do this by placing a small device on your tummy. Please follow these instructions:

- Visit '[Screening tests for you and your baby](https://www.gov.uk/government/publications/screening-tests-for-you-and-your-baby-description-in-brief)' to read about this screening test (also in different languages): <https://www.gov.uk/government/publications/screening-tests-for-you-and-your-baby-description-in-brief>
- Drink water before you come. Do not pee unless you really need to for 2 hours before the scan. A full bladder will help us to see your baby more clearly.
- The person doing your scan (sonographer) will be looking to see if your baby is healthy. They will need to concentrate carefully during the scan. The sonographer will tell you about your baby when the examination is finished.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit 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

Who can I bring with me?

Only your partner or 1 support person can come to the scan with you.

Children should not come to the scan with you. We know how important the baby is to you and your family. You cannot bring children into the scan room. If you have to bring your children with you please call the number on your appointment letter. We will try and sort something out for you.

Will the person carrying out the scan be female?

We have both male and female sonographers who carry out ultrasound scans. Your scan may not be with a female sonographer. If this is a worry to you, call us as soon as possible. This must be well before your appointment. We will keep a note of your choice. We will try to arrange a female sonographer. We cannot guarantee that you will get a female sonographer. We do have female support workers that can come into the scan room with you.

If you decline the scan we may not be able to give you another appointment. There is a high number of patients waiting for a scan.

If you cannot come to your appointment call us as soon as possible.

In the scan we can see if your baby is healthy. Choosing not to have a scan can be harmful to your baby. It could mean problems with the baby are not picked up early on.

Can I find out the sex of my baby and get pictures?

We are happy to tell you your baby's sex. We can tell you from 18 to 20 weeks. Ask for this at the start of the scan. It is not always possible to see the sex of the baby. This is because of the position the baby is lying in. We cannot offer more scans to confirm the baby's sex. There has to be a medical reason for more scans.

We are happy to get pictures of your baby. 2 pictures for £10 or 4 pictures for £18. The quality of these pictures depend on your baby's position and the view we can get through your tummy. If you want to buy pictures tell the sonographer at the start of the scan. They can take the best images as they see them during the scan.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

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