



OBSTETRIC ULTRASOUND

INFORMATION SHEET

Having a baby is an exciting and sometimes anxious time in life. Clarity provides high quality ultrasound services to ensure you receive the best possible care during this time. Ultrasound examinations during pregnancy are performed at various gestational ages and for a number of reasons. At Clarity, ultrasound examinations are only performed by accredited sonographers who are highly trained specialised medical imaging technologists with qualifications and national accreditation in Medical Ultrasound. Each ultrasound examination will require a referral from your GP, midwife or Specialist Obstetrician and will depend on the clinical need. The information below is designed to help you understand your ultrasounds and what Clarity can provide during your pregnancy.

If you have any additional questions or concerns, please contact the Clarity team. We are honoured to be a part of this special time and endeavour to provide you with the best quality examination and a valuable part of the bonding experience with your baby.

When do I have my routine Ultrasound examinations?

Ultrasound examinations are performed when your Doctor deems them necessary based on clinical need. The routine examinations and timings are:

Dating – less than 12 weeks. Optimally performed at 8 to 10 weeks after your last known menstrual period (LMP)

Nuchal translucency (NT) – 11 to 13 week 6 days. Best performed during your 12th week for optimal images of the baby

Call us on (02) 4990 2655 for more information or request an appointment online at www.clarityimaging.com.au



Morphology – 20 week fetal anatomy assessment. If you wish to know the sex of your baby, it may be possible for the sonographer to determine this during the scan.

Third trimester – fetal well being and growth scan – any time required by your Doctor after 24 weeks.

In addition to routine ultrasound, elective 3D/4D images of your baby can be performed at Clarity. Please ask reception for details and cost.

Dating Ultrasound

This is performed early in your pregnancy to confirm or determine how far along the pregnancy is and your Estimate Due Date (EDD). Accurate dating is best performed 8 to 10 weeks after your last menstrual period, however can be performed anytime before 16 weeks if your dates are unknown.

Nuchal Translucency (NT) Ultrasound

Best performed during the 12th week (can be performed at 11 weeks to 13 weeks 6 days). This screening test uses special measurements taken on ultrasound to determine the risk (possibility) of the genetic disorder Trisomy 21, also known as Down syndrome, as well as Trisomy 13 and 18. Your doctor may also request a blood test to accompany the ultrasound. This blood sample should be collected at your preferred pathology collection centre, a few days prior to your ultrasound where possible, however can be collected anytime between 10 to 13 weeks.

The risk calculation is obtained via specialised software from the Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG) Nuchal Translucency Program (<https://www.nuchaltrans.edu.au/>). Clarity sonographers are accredited with the Australian Nuchal Translucency program to perform NT ultrasound examinations and are audited annually.

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A high risk result is not an indication that your baby will have Down Syndrome but that further investigation is necessary. You should discuss the results of your NT scan and risk calculation with your referring Doctor.

Morphology 20 Week Anatomy Scan

Best performed between 19 weeks 4 days and 22 weeks this ultrasound is a detailed assessment of your baby's anatomy. While it is not as sensitive as looking at your baby once it is born it is a highly sensitive and specialised scan which allows us to check for any concerns which might need follow up both before and after delivery. If you wish to know the sex of your baby please ask the sonographer to check for you during the scan and while there is no 100% guarantee Clarity sonographers always endeavour to provide the most accurate sex assessment possible.

Third Trimester Foetal Growth and Well-Being

Performed anytime after 24weeks based on clinical need this scan will check your baby's growth and development in the latter half of your pregnancy. If you have had previous ultrasounds after 24 weeks it is important that you let the sonographer know and bring those results with you to your appointment so we can compare and assess the progress of your baby and pregnancy.

3D/4D Ultrasound

You may wish to have 3D/4D ultrasound examination at 26-30 weeks to see the baby's face and have images to share with your family and friends. These scans are not for diagnostic purposes and while it is still performed by highly specialised Clarity sonographers, no medical assessment of the baby is performed. As such they are not covered by Medicare and do not require a referral. There is an out-of-pocket expense, please ask reception for details.

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Sonographers at Clarity are experienced in obtaining the best 3D images for you, however the quality of the images is also dependant on the position of the baby and amount of surrounding amniotic fluid. To assist, stay well hydrated by drinking plenty of water for 2-3 days prior to the examination, as this aids in achieving the best possible pictures of your baby. You should also moderately fill the bladder in the hour prior to the examination.

A copy of your normal 20 week morphology ultrasound will be required and you should arrive 10 minutes prior to the appointment to read and sign a non-medical disclaimer.

Is there a cost for my ultrasound?

Many routine ultrasounds are Medicare eligible where the referral satisfies the strict Medicare criteria and will therefore attract a Medicare rebate from the Federal Government. As with other ultrasound examinations Clarity provides bulk billing for pension and healthcare card holders for Medicare eligible services. Our reception staff will inform you if your referral does not meet Medicare eligible criteria.

How do I prepare for my Ultrasound?

Your bladder should be moderately filled for all pregnancy ultrasounds to allow for the best images to be obtained of your baby. As a guide, empty your bladder 2 hours prior to your appointment, then drink 600mL of water over the next hour. Fill and hold your bladder over the next hour until the examination.

It is beneficial to bring along any previous relevant results for the sonographer to review.

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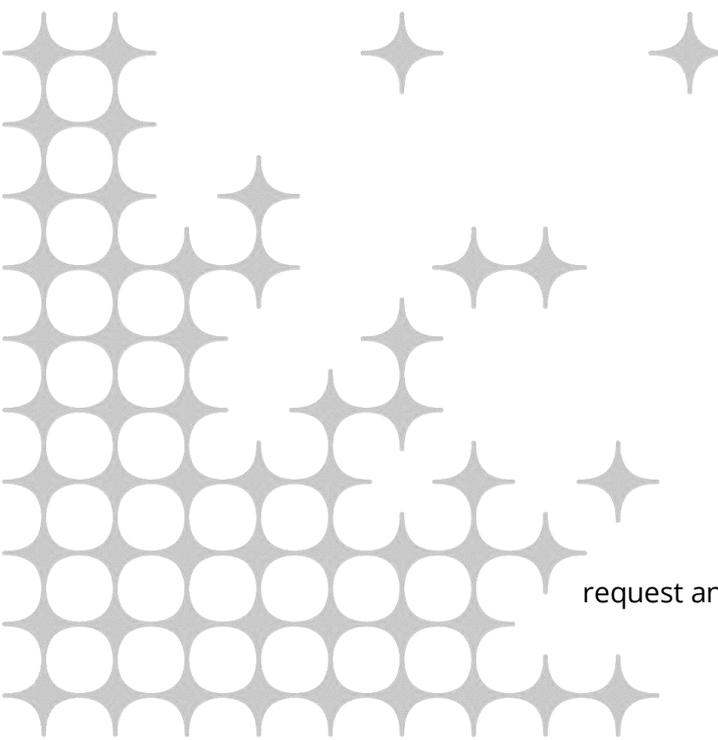
Like other ultrasound examinations pregnancy scans are generally performed with the ultrasound probe directly over the skin. On some occasions a transvaginal ultrasound is a more accurate way to assess certain parts of the pregnancy. For example, early pregnancy less than 7 weeks or to check your cervix and placenta later in the pregnancy.

There is no risk to the baby during this scan and the sonographer will discuss this in detail with you should the need arise.

Who can attend?

At Clarity we understand excitement and anxiety are a normal part of pregnancy. We welcome your partner to attend the ultrasound examination and share in the experience. Please be aware that these examinations can be complex and can require significant concentration for the sonographer. It is vital that the sonographer be given the time and space to perform the medical evaluation prior to showing you any pictures of baby's face or sex etc. Additional family members can be invited into the ultrasound room at the sonographer's discretion once the medical requirements of the scan are completed.

Infants and young children under the age of 5 tend to be restless in the environment of the ultrasound room and can be a significant distraction for parents and the sonographer. Where possible it is advised to arrange alternate care either at home or in the waiting room. This way you can enjoy the time bonding with your new baby.



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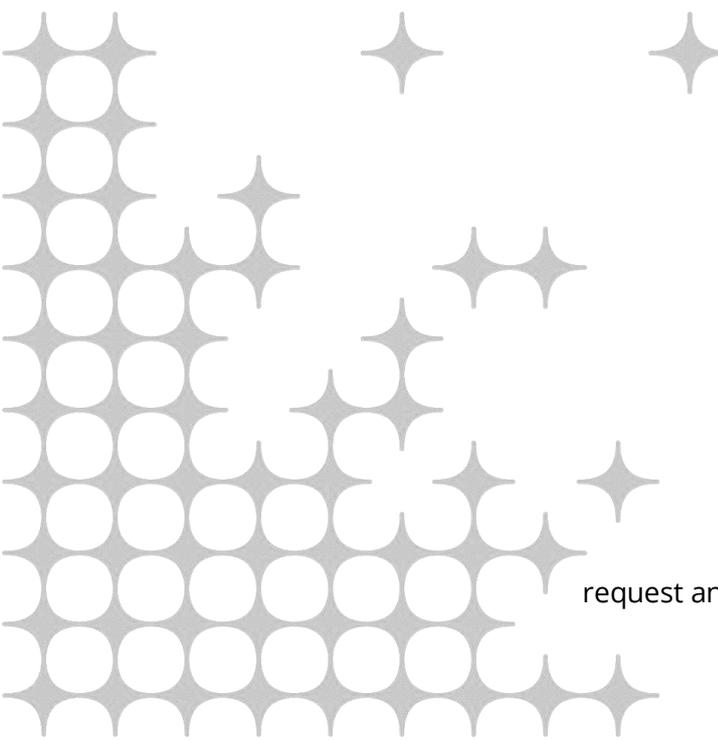
How will I receive my images?

All images will be available online through your unique access code to the Clarity Patient Portal. You can also bring along a USB to the examination if you wish. Please note that photography and video recording is not permitted in the ultrasound room without the explicit consent of the sonographer. We request that your smart phones or any recording devices be switched off during the examination.

When will I receive my results?

We understand that you and your partner may have many questions relating to your ultrasound and pregnancy. The sonographer's expertise is in performing the ultrasound examination, not other obstetric issues and so it is best to discuss your questions and results from your scan with your referring doctor. The sonographer will inform you when your results will be available for your doctor, generally within 24 hours of your scan.

On occasions some images may prove particularly difficult to achieve due to the baby's position or other factors beyond the control of the sonographer. If this is the case you may be asked to return at a later time to complete the examination. Do not be alarmed, this is not an indication that there is a problem with your baby but rather just our sonographers ensuring they have the best possible look at your baby and to provide you with the most accurate results.



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