

What is an Ultrasound Scan?

This information leaflet has been given specifically to you because you are getting a routine dating ultrasound scan.

Ultrasound scans use sound waves to build a picture. Ultrasound scans are painless, have no known side effects and can be carried out at any stage of your pregnancy. Please talk to your healthcare professional about any concerns you may have.

What is a booking scan?

All women within the Southern health and Social Care Trust will be offered a booking scan between 11 and 14 weeks. This is usually the first scan of your pregnancy. The booking scan aims to:

- Check your baby's heartbeat
- To date the pregnancy and give you an estimated delivery date (due date)

- To detect multiple pregnancy
- To detect any abnormalities

For many women, ultrasound scans are the highlight of pregnancy, and it is very exciting to see your baby in the womb.

Please be aware that ultrasound scans may also detect problems with the baby, so try to be prepared for that information.

Please ensure you have a full bladder for the scan.



What will happen at the scan?

Your booking scan will be carried out by a midwife who is specially trained in ultrasound scan.

You will be asked to lie on a couch and expose your tummy by raising your top to your chest and lowering your trousers or skirt to your hips.

Gel is applied to your tummy and the midwife will use a hand-held device called a probe to carry out the scan.

This probe will be moved over your tummy by the midwife, and you will see a black and white image of your baby on the screen.

Sometimes it is difficult to get a clear view of your baby. This might be because your baby is lying in an awkward position or if you are above average weight. This does not mean there is anything to worry about.

You will be asked to stand up and move around and a further attempt will be made.

If we are unable to see everything that we need to do we may ask you to come for another scan at a later date.

Following your scan your midwife will be able to tell you the estimated delivery date (due date) of your baby.

Your appointment will then continue with another midwife who will discuss your medical history with you as well as taking blood samples, a urine sample and your blood pressure.

Please contact our Maternity department :

antenatal.midwives@southerntrust.hscni.net

If you require further assistance regarding your booking scan appointment.



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HAVING A BOOKING SCAN

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