

Lady Pohamba Private Hospital, Demushuwa Suites, Suite 8A, Kleine Kuppe, Windhoek.

PATIENT INFORMATION SHEET

Obstetrics Ultrasound (Sonar)

An obstetric ultrasound (sonar) examination is an essential part of modern obstetrics. By using sound waves this non-invasive examination create realtime visual images of the developing embryo or fetus in the uterus (womb) on the screen. It can provide a variety of information about the health of the mother, the timing, progress of the pregnancy, and the development of complications to the embryo or fetus. Ultrasound scans have been performed in pregnancy for many decades – until now there are no known risks for you or your foetus.

Dating/ booking Scan (7 - < 11 weeks pregnancy)

This scan is essential to confirm that you are indeed pregnant, foetal age, number of foetus, due date and that the pregnancy is normal and located in the womb. This scan rules out complication of early pregnancy such as an ectopic pregnancy (abnormal implantation site), a missed miscarriage detect gross fetal abnormalities, or abnormal pregnancy (molar pregnancy).

Nuchal Translucency Pregnancy Scan (11-13 weeks 6 days)

The Nuchal Translucency measurement is an assessment of the amount of fluid in the skin at the back of the baby's neck. This scan is essential in detecting the possibility of a Down's Syndrome, Trisomy 13 and Trisomy 18 baby. A patient specific risk is calculated on maternal age, nasal bone, nuchal measurement and brain development.

Anatomy Ultrasound (18-24 weeks)

Anatomy ultrasounds happen during the second trimester, usually around the 18- to 24-week mark. Foetal size, weight, organs, limbs, digits, heart rate, umbilical cord, placental position, amniotic fluid, multiple pregnancies, movements and gender are documented. Kicking, waving, yawning and even blinking can be captured.

3rd Trimester Scan

This scan confirms the foetal position, growth, weight, well-being placental position and fluid volume are assessed at this scan. Certain foetal abnormalities manifest in later pregnancy which is investigated.



Tel: +264 61 240 110 Cell: +264 81 788 6201 Email: info@ob-gynpractice.com Website: www.ob-gynpractice.com

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3D/ 4Dultrasound

By providing an image in 3 dimensions, a 3D and 4D sonar play an important role in early demonstration of normal and abnormal findings in the first, second and third trimester. 3D/4D US is useful for the assessment of foetal brain, spine, face, heart, and other structures

The clarity of the sonar images obtained is dependent on certain technical factors:

- The baby's position
- The amount of fluid surrounding the baby (needs to be sufficient)
- The position of the placenta
- The mother's weight (access weight can reduce image quality)

FACE

