

**Benefits vs Risks**

**Benefits**

- Ultrasound is the preferred imaging modality for the diagnosis and monitoring of pregnant women and their unborn babies.
- Ultrasound has been used to evaluate pregnancy for nearly four decades and there has been no evidence of harm to the patient, embryo or fetus. Nevertheless, ultrasound should be performed only when medically indicated.

**Risks**

For standard diagnostic ultrasound there are no known harmful effects on humans.

We value your opinion. Please provide us with your comments or suggestions. There is a comment box located in the waiting area.

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**DIAGNOSTIC  
 IMAGING  
 DEPARTMENT**

**OBSTETRICAL  
 ULTRASOUND  
 PATIENT INFORMATION**



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## What is Ultrasound?

Diagnostic Ultrasound, also known as sonography, is a special imaging procedure using high frequency sound waves to produce images. These sound waves cannot be felt or heard. This procedure does not use x-rays and is safe in Ontario to image babies before they are born.



## What To Expect

Upon arrival to the hospital you will need to register for your appointment. You may be asked to change into a gown. The sonographer will take you to a darkened room and ask you to lie down on a stretcher. A wet gel is placed on the area to be examined and then an imaging transducer also known as an ultrasound probe is slowly moved over the area of interest. You may feel some pressure while the probe is being moved across the part of the body being imaged. You may also be asked to hold your breath for some images. Sometimes a probe may be placed into the vagina to obtain a more detailed view.

## Special Instructions

The ultrasound being performed is a diagnostic test. Cameras and other video recorders will not be permitted in the room. One adult will be allowed to join you in the ultrasound room. The sonographer will decide when to allow this visitation and may limit it to the final portion of the exam. Once the sonographer has completed their study, you will be allowed to invite others into the room for a short viewing. Pictures can be purchased for \$10.00.



Sonographers are not required to provide you information regarding the sex of the baby. Sonographers will not provide you with the results of the examination.

## Who will be performing my examination?

A registered, diagnostic medical sonographer will perform the examination. A Radiologist (a physician who specializes in Radiology) will interpret the exam and provide your physician with results.

## Preparations

### **1st trimester pregnancy (0-16 wks)**

Your bladder must be full. Drink four 6-8oz glasses of water and finish drinking the water one hour prior to your examination. **DO NOT GO TO THE BATHROOM.** You may eat and take medications.

### **2nd Trimester Pregnancy (16-42 weeks)**

For full profile examinations, *please book your appointment for 18 weeks.* Your bladder must be partially full. Drink two 8oz glasses of water and finish drinking one hour prior to your examination. **DO NOT GO TO THE BATHROOM.** You may eat and take medications.



## When will I know the results?

You should obtain your results from your family physician. Your physician will have a written report from the Radiologist within one week of your examination. If there is any urgency, your physician may phone us and we will provide them with your results.

