



3RD TRIMESTER FETAL GROWTH & WELLBEING ULTRASOUND

Thank you for making a 3rd Trimester Fetal Growth & Wellbeing Ultrasound appointment at Sydney Ultrasound for Women. Please allow at least 30 minutes for this appointment (1 hour for twins).

Please:

Drink one (1) glass of water at least one (1) hour before your appointment time and please do not go to the toilet.

Bring with you:

- + The referral from your Doctor
- + Your Medicare Card
- + Any previous scans or reports relating to this pregnancy (if you have these performed elsewhere)

The cost of this scan is \$395 (\$595 for twins, \$695 Triplets) and is payable on the day of your appointment.

Payment can be made by:

- + Cash
- + Eftpos
- + Credit card – Visa or MasterCard only

Please be aware that this scan may also be internal and therefore it is best to wear comfortable clothing that is easy to remove. At Sydney Ultrasound for Women, all of our sonographers are female, to ensure your privacy and comfort.

The Day of Your Scan

Below is some helpful information of what generally occurs on the day of your scan. It is hoped this information will make the day a more pleasant experience.

On arrival, the receptionist will greet you and ask your name and for the original referral that your doctor gave you. The referral will allow you to claim from Medicare and the notes will advise us what particular service is to be provided.

Other details will be verified such as your date of birth, address, Medicare number and contact details to make sure we use the correct file. We have many ladies with similar names and the same birth dates so we need to be sure we have the correct file.

You will be asked to take a seat and depending on the day you should be seen close to your appointed time. Some days, we may be running behind due to previous complications where extra time is taken for those patients with serious medical conditions. If you are uncomfortable as a result of a full bladder, please feel free to visit the ladies toilet and empty enough in order to feel comfortable. If unsure, please speak to our staff.

A sonographer (person that performs the scan) will call your name and will verify your personal details again to make sure we have the correct person. Once in the room you should see your name on the screen on the wall and you should check your last name is correct. The sonographer will also ask personal health questions to gain an understanding of your history to assist in scanning.

Most gynaecological and pregnancy scans will be internal. There is some level of discomfort but no more than a normal Pap smear test. If you feel this may be an issue for you please advise the sonographer. You may be asked to wear a gown/covered by a sheet and remove some clothing. This will be done in privacy. Please see below for suggestions on what to wear.



The sonographer will commence the scan and will provide some feedback to you but she will also be focused and capturing the correct images for our specialists to view and report. Depending on the degree of difficulty, the sonographer may be quietly focused so please don't be offended if she appears pre-occupied at some point.

At the end of the scan and after you have dressed, the sonographer will compile a CD of the images taken for your medical records. Unfortunately personal recordings are not permitted within the rooms.

You will be taken to reception to finalise the account and the receptionist will make sure you have all the necessary documents. If you have had a minor procedure, details of our Client Liaison will be provided to you just in case you need to contact her for any concerns. The Client Liaison will also call all ladies that have had a minor procedure as a follow up within 48 hours to see how you are.

The images that have been captured will be reviewed by one of our medical specialist who will provide a report and send to your referring doctor.

Please see below for more helpful hints.

What Time should I Arrive?

Please arrive 10 minutes prior to your scan time. This will provide enough time to register you. If you are running late please call the location where you have the booking to let them know. Depending on other bookings we may hold the space for you or we may need to reschedule either same day or another day.

Who should come with me?

Your partner and other friends are welcome to attend but there are a couple of issues to be considered.

Many scans are transvaginal and perhaps it may not be appropriate for certain visitors to witness this plus personal health questions may be asked that you would prefer to remain private.

We only have scan rooms that fit 2 visitors comfortable so others would need to wait and perhaps come in at the end of the scan. It also is a little difficult for the sonographer to focus and obtain good images if there are distractions in the room.

All children under 16 years of age must be supervised by another adult due to legal requirements. Please also consider previous notes and if appropriate for children to be present.

Remember the day should be all about you and you need to feel comfortable and relaxed as this produces the best images.

Most ultrasounds are happy events however sometimes a scan may reveal a minor or major problem and this is distressing to all concerned. Some patients prefer to share their images and pictures we provide with their families and friends after the scan.

What should I wear?

Considering the scan requires a probe to be placed against your skin around the lower parts of your body appropriate clothing would assist you and the sonographer and would save some embarrassment for visitors.

Try to avoid wearing panty hose, tights, close fitting pants, jeans and tops. Perhaps a loose fitting dress or loose fitting pants would be comfortable.

For more information on this and other services please go to our website www.sufw.com.au and click on 'Services' tab.

Our sonographers welcome any questions you may
have about your ultrasound examination