



**University
Hospitals Sussex**
NHS Foundation Trust

Information to prepare for your pregnancy ultrasound

Patient information

What is a scan for?

A scan is a way of assessing the health of your baby. Information gained at the scan is used to plan care during your pregnancy, delivery and postnatally.

How can I prepare for my scan?

You need to have a full bladder for all scans up to 16 weeks. Please remain well hydrated in the period before the scan and drink at least two pints or one litre in the two hours before. Please try not to empty your bladder in the hour leading up to the examination.

Scans after 16 weeks you need an empty bladder.

PLEASE MAKE SURE THAT YOU ARRIVE ON TIME. If you arrive late this may result in your scan being cancelled and booked another day.

If you have been given any forms by your midwife or have other scan results please bring them with you to your scan.

Can I have someone else with me during the scan?

Yes, one person will be able to attend the scan with you. We do not allow children in the scan room for any of your scans. Our admin team will not be able to supervise any children, so please make sure there is someone to look after them while you are having your scan.

Can I have more than one person in the room with me?

No. All ultrasound scans are medical examinations of your baby's health and wellbeing and in order for our sonographers to give the examination their fullest attention and concentration, reducing the number of people in the scan room is necessary.

Can I take pictures in the scanning room?

No, you are not permitted to take any photos or videos in the scanning room, but we can give you a picture of your scan. Please inform the sonographer at the beginning of the scan if you would like a photo of your baby. There is a charge of £5.00 for one picture of the baby, £10 for 3 and £20 for 8. We can only accept card payments. If you are given photos please ensure you pay for these before leaving the department.

How long will the scan take?

Your scan can sometimes take longer than the allotted time so please factor this in to your appointment time. Sometimes if the baby is in a difficult position, you will be asked to shake your hips on the bed or walk around outside for 15-20 minutes.

What should I wear?

Please wear loose clothes which can easily be moved out of the way so that your tummy is free from clothing. There are no changing facilities.

Please see each ultrasound appointment for further information specifically relating to that type of scan.

This leaflet is intended for patients receiving care in Brighton & Hove or Haywards Heath

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