



**University
Hospitals Sussex**
NHS Foundation Trust

Growth scan

Maternity

Information
for pregnant
women and people

What is this information about?

This information is about your growth pregnancy scan. It explains:

- Why you are having this scan.
- What you need to know before your scan.
- What we look at in this type of scan.
- What happens after your scan.

Why have I been given this information?

You have been given this information because you have been asked to come for a growth scan. This information will help make sure that you are prepared for your scan and that we get the best information possible about you and your baby. This will help us care for you during your pregnancy, delivery (when your baby is born) and postnatally (after your baby is born).

Why am I having a growth scan?

There are lots of different reasons that people have growth scans. They can help us check up on the health of you and your baby in the third trimester (week 27 to the end of your pregnancy). Usually, your midwife or someone from the antenatal care team will arrange your growth scan based on the reason you need the scan.

What measurements of my baby will the sonographer do at the growth scan?

The sonographer will take measurements of your baby. This includes measuring:

- Around your baby's head. This is a Head Circumference (HC).
- Around your baby's tummy. This is an Abdominal Circumference (AC).
- The length of your baby's thigh bone. This is a Femur Length (FL).

Which parts of my baby's body will you check at the growth scan?

The sonographer will also check some of your baby's body parts, including their:

- Stomach
- Bladder
- Diaphragm (chest).

What else will the sonographer be checking for at my scan?

The sonographer will also check around your baby. They will look at the position of your placenta and the 'water' (amniotic fluid) around your baby.

They may check the blood flow between your baby and the placenta (Umbilical Artery Doppler). This is done by looking at your baby's umbilical cord. Sometimes the sonographer will also check the blood flow in your baby's brain (Middle Cerebral Artery Doppler).

Your doctor may ask us to check your cervix (the opening to your womb).

When in my pregnancy will my growth scan be?

The timing of your growth scan is different for everyone.

Your midwife or doctor should let us know when they need us to scan you and your baby. Sometimes the timing of your scan might be linked to other pregnancy appointments you have.

Follow-up growth scans need to be 2 weeks later than your first scan. This is so we can check the growth of your baby. Sometimes your doctor will ask for checks of blood flow (Doppler) or your 'waters' (amniotic fluid) as well as growth scans.

Your scan appointment will usually come from the ultrasound team so please contact ultrasound booking directly if you have any questions about the timing of your scan.

What happens after my scan?

- For most people, the sonographer will explain the results of your scan to you.
- We may give you a printed copy of the results (scan report) and a copy will also be uploaded to your Badgernotes (your electronic pregnancy notes).
- If you do not understand the results or if you have any questions or concerns, do ask your sonographer at the time of your scan.

What happens if there are unexpected findings at my scan, which show that there be concerns for the health of me or my baby?

- If there is anything on the scan which does not look as we would expect, your sonographer will tell you.
- Lots of people will be checked in our Antenatal Clinics (ANC), Day Assessment Unit (DAU) or the delivery suite after growth scans.
- If we are not sure about anything on your scan we may ask for another sonographer to check or your scan will be looked at by a doctor.
- Sometimes you may be booked in for extra scans to look at your baby's growth over time.

How can I find out more about preparing for my scan?

Be aware,

You should read the information called 'Preparing for your pregnancy ultrasound scans: Information for pregnant women and people' www.uhsussex.nhs.uk/resources/preparing-for-your-pregnancy-ultrasound-scans-information-for-pregnant-women-and-people/ before your scan. We usually send this to you with your appointment letter.

If you have not been sent a copy and can not view this online please call our ultrasound booking team to ask for a copy.

Antenatal ultrasound booking teams:

St Richard's Hospital

01243 831434 Ext. 33127

Worthing Hospital

01903 285148 Ext. 84076

Who can I contact if I need more information or support after I have read this information?

St. Richards Hospital phone:

Antenatal Ultrasound Booking

01243 831434 Ext. 33127

Antenatal Clinic (ANC)

01243 831434 Ext. 32871

Day Assessment Unit (DAU)

01243 831434 Ext. 32806

Delivery Suite

01243 831434 Ext. 32961

Worthing Hospital phone:

Antenatal Ultrasound Booking

01903 285148 Ext. 84076

Antenatal Clinic (ANC)

01903 285148 Ext. 84371

Day Assessment Unit (DAU)

01903 285148 Ext. 85146

Delivery Suite

01903 285148 Ext. 8460 or 85262

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This leaflet is intended for patients receiving care
in Chichester and Worthing.

Reference number: 2491
Publication date: 03/2025
Review date: 03/2028

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