



## OBSTETRIC ULTRASOUND | HÔPITAL FLEURIMONT

Now that you are pregnant, your doctor has asked you to have an obstetrical ultrasound. This examination makes it possible to visualize the presence and anatomical structures of the foetus using ultrasound. It enables your care team to see the development of the foetus and the position of the placenta, in addition to helping to detect malformations or growth retardation.

### ABOUT THE EXAMINATION

- The procedure can last approximately one hour.
- **The final results** will be forwarded to your doctor, who will follow up with you as soon as possible.
- **IMPORTANT:** If you need to cancel your appointment, please inform us by calling **819-346-1110, extension 14929.**

### PREPARATION FOR THE EXAMINATION

Follow the preparation instructions that follow, because the quality of your examination depends on it.

#### DATING ULTRASOUND (0 TO 12 WEEKS OF PREGNANCY)

One hour before the examination:

- Drink 500 mL (16 oz) of liquid.
- Refrain from urinating before the examination because your bladder must be full.

#### NUCHAL TRANSLUCENCY (11.3 TO 13.6 WEEKS OF PREGNANCY)

One hour before the examination:

- Drink 250 mL (8 oz) of liquid.
- Refrain from urinating before the examination because your bladder must be full.
- During this appointment, a blood test will be performed to screen for Down's syndrome. Bring with you the blood test request form signed by your doctor.
- If your doctor has also ordered an early pregnancy test (blood and urine samples), **do not urinate after the ultrasound.**

#### MORPHOLOGICAL ULTRASOUND (±20 WEEKS OF PREGNANCY)

One hour before the examination:

- Drink 500 mL (16 oz) of liquid.
- Refrain from urinating before the examination because your bladder must be full.

#### GROWTH ULTRASOUND (24 TO 40 WEEKS OF PREGNANCY)

- You do not need to drink anything.
- Refrain from urinating one hour before the examination.

### ITEMS TO REMEMBER

On the day of your examination, you need to have with you:

- Your **valid** health insurance card (otherwise, you will have to pay for the examination).
- Your **valid** hospital card (otherwise, you will have to go to the intake and admissions department to get a new one).

### DAY OF THE EXAMINATION

- Go to Room 2530 in the Fleurimont Hospital at 3001 12<sup>th</sup> Avenue North in Sherbrooke.
- You will be asked to lie down on the ultrasound stretcher.
- The technologist or medical specialist will spread a gel on your abdomen to allow proper transmission of the ultrasound. They will glide the probe over your abdomen to take images of the fetus.
- If you have any questions, ask the technologist or physician.

### ACCOMPANIMENT IN THE EXAMINATION ROOM

- Only one person can accompany you.
- Children under 6 years of age are not allowed in the examination room.
- Note: A child of 6 years or older is considered to be an accompanying adult.

## AFTER THE EXAMINATION

- No special precautions need to be taken.
- There is no discomfort associated with this type of examination.

## PHOTOS | VIDEOS | CELL PHONES

- The technologist will provide you with images of your baby. Photographs and video recordings are not permitted during the examination.
- Please turn off your cell phone during the exam.

## WORRIED ABOUT YOUR HEALTH?



Call Info-Santé (811).



See your doctor or go to a walk-in medical clinic.



Otherwise, go to the emergency room of the nearest hospital. Tell them that you have had an obstetrical ultrasound examination.

## FOR MORE INFORMATION

If you have any questions about your examination or if you want more information about the preparation for it, call **819-346-1110, extension 14929.**

### Author

Medical Imaging team

### Revision and Layout

Service des communications

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