



## PRACTICAL INFORMATION

# Preparing for an Obstetrical Ultrasound

### What is this test for?

- Determining the stage of pregnancy.
- Identifying the number of embryos.
- Observing the fetus as a whole in order to:
  - Monitor its development.
  - Examine its limbs and organs.
  - Detect any malformations, abnormalities, or growth delays.
  - Ensure that the heart is beating.
  - Check the placenta and amniotic fluid.
  - Determine the baby's sex, if desired.

### What should I do before the test?

- You may eat normally.
- You must drink a certain amount of water, which varies depending on the type of obstetrical ultrasound you will have. The exact amount will be provided when your appointment is scheduled.
- You must not urinate for 1 hour before your appointment so that your bladder is full during the test. A full bladder improves the transmission of ultrasound waves, resulting in clearer images.

### Can someone accompany me during the test?

- Only one person may accompany you during your test.
- They must remain calm, as the test requires a high level of precision and concentration from the technologist to detect potential abnormalities.
- They must be 6 years of age or older.

### What should I bring for the test?

- Your valid health insurance card (otherwise, you will have to pay for this test).
- Your valid hospital card (otherwise, you will need to go to registration to obtain one before your appointment).
- A list of your medications.
- The following forms, if you have received them:
  - Blood test requisition signed by your doctor.
  - Québec Prenatal Screening Program form.



## How is the test performed?

- The test takes approximately 45 minutes for single pregnancies and longer for multiple pregnancies.
- You will be in a semi-seated or lying-down position on the examination table.
- If you wish to keep the baby's sex a secret during the test, inform the technologist and the physician.
- The technologist will apply a water-based gel to your abdomen and move a probe over it.
- The technologist will take images and perform measurements.
- At the end of the test, you may receive a keepsake photo of your baby. Two options are available depending on the facility's policy and available equipment:
  - o Option A: You may take one or two photos of the screen with your cellphone.
  - o Option B: One or two printed photos will be provided to you.



## How do I book, cancel, or reschedule my appointment?

### **CHUS – Fleurimont Hospital**

Call 819-346-1110, extension 14929, Monday to Friday between 8:00 a.m. and 3:30 p.m.

### **Granby Hospital**

Call 450-375-8017, Monday to Friday between 8:00 a.m. and 12:00 p.m. or 1:00 p.m. and 3:00 p.m.

### **Brome-Missisquoi-Perkins Hospital**

Call 450-266-4342, extension 68500, Monday to Friday between 9:30 a.m. and 3:30 p.m.

## Where do I go for the test?

### **CHUS – Fleurimont Hospital**

3001 12<sup>th</sup> Avenue North, Sherbrooke, QC

Enter through door 3, go to the 3rd floor, then proceed to radiology (room 3635).

### **Granby Hospital**

205 Leclerc Boulevard West, Granby, QC

Enter through the main entrance (1st floor), then go to radiology.

### **Brome-Missisquoi-Perkins Hospital**

950 Principale Street, Cowansville, QC

Enter through the main entrance (1st floor), then proceed to radiology in corridor B.



## What are the different types of obstetrical ultrasound?

### Dating ultrasound

This test is used to determine:

- The number of fetuses.
- The stage of pregnancy.
- Whether the heart is beating properly.



### Nuchal translucency scan

This test is performed between the 11th and 14th weeks and involves:

- Measuring the thickness of the back of the fetus's neck to assess the risk of chromosomal abnormalities or malformations.
- Performing a limited morphological assessment (fetal limbs).



### Ultrasonography scan

This test is performed between the 19th and 21st weeks and aims to:

- Examine the baby's body.
- Take measurements to ensure proper growth, detect malformations, and identify signs suggesting a risk of chromosomal abnormalities (trisomy 13, 18, or 21).
- Assess the uterine contents (placenta and amniotic fluid) and the ovaries.



### Growth ultrasound

This test is performed in the third trimester (from 28 weeks onward) at the request of your treating physician and involves:

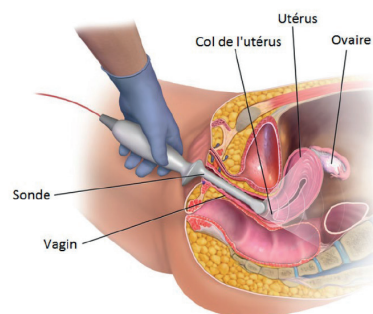
- Assessing the baby's growth by checking weight, as well as the positions of the baby and the placenta.
- Diagnosing late-developing malformations.



### Endovaginal ultrasound

This test is performed at your doctor's request and involves inserting a probe into the vagina to better evaluate the cervix, ovaries, or fetus.

The test is not painful, is safe for the pregnancy, and may be performed in cases of bleeding.



### Amniocentesis

This procedure is performed only in certain cases.

It involves collecting amniotic fluid to detect chromosomal abnormalities and fetal infections.



For more information



Call **811, option 1**  
(at any time) or  
contact your **pharmacy**.



You may also contact the healthcare  
professional who is providing your pregnancy  
care.

**Reminder**

Your appointment date: \_\_\_\_\_

Notes: \_\_\_\_\_

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