



## Obstetric Ultrasound and Fetal Medicine Department



**The Portland Hospital**  
for Women and Children

## Getting to know your baby

Our Fetal Medicine Unit uniquely offers a Consultant and Sonographer led service. Huge advances in ultrasound technology now make it possible for you to participate as a family, with your Consultant or Midwife, in the progression of your pregnancy. You and your partner can share in the experience of seeing your baby grow and mark the milestones in their development. The pictures produced can be the start of your baby's first photo album. We are also able to provide a video copy of your scan for you to keep.

Affiliation with University College London Hospitals, St Bartholomew's and the Guy's and St Thomas' Hospital Trust (all major teaching hospitals in London) ensures that our ultrasound scanning services offer you all of the benefits of recent technological advances. Our respected team of Fetal Medicine Consultants, together with your own Consultant, will provide a premier scanning service throughout your pregnancy.

We have the latest technology available so that you may also choose to have a 3D/4D scan to further enhance the excitement of seeing your baby as it grows.

## Share in the experience of seeing your baby grow



Examples of 3D Scan imagery.

### Typically you will have three scans at different stages of your pregnancy:

#### 1. Early Pregnancy and Dating Scan

The first early ultrasound scan provides you and your Consultant with important information regarding the number of babies and the expected date of delivery. The presence of a pregnancy and detection of the fetal heart can be seen from 6 weeks gestation by vaginal scan and from 8-9 weeks by abdominal scan. Accurate measurements and images are taken of the gestational sac, the crown to rump length of the embryo (to accurately date the pregnancy) and the pelvic region.

Ultrasound scanning monitors the progress of your baby and, if all is not well, can alert you and your Consultant.

#### 2. Fetal Anatomy Scan

Between 19-21 weeks the anatomy of your baby is scanned in detail so that information about the many body systems such as the urinary tract, digestive tract, heart and major blood vessels, brain and others can be imaged and interpreted. The careful and accurate measurements made during the scan help to monitor the wellbeing of your baby.

#### 3. Growth Scan

In later pregnancy, accurate measurements and scan images are taken and plotted to monitor the growth pattern of your baby.

All of these scans are available from The Portland Hospital Imaging Services Department. To book call 020 7390 8032/8037.

Scan Type	Date for Scan
Early Pregnancy and Dating Scan	6-10 weeks
Combined Screening Test	11-13 weeks + 6 Days
Fetal Anatomy Scan	19-21 weeks
3D/4D Scan	24-30 weeks
Growth Scan	30-34 weeks

### Other Available Tests

#### Combined Test

The Fetal Medicine Unit at The Portland Hospital was one of the first units to offer serum blood screening in early pregnancy in combination with nuchal scanning and maternal age. The combination of these factors are able to detect about 85% of Down's Syndrome cases and also those at a high risk for Edward's Syndrome (Trisomy 18).

We are at the forefront of development for this test in collaboration with the The Wolfson Institute of Preventive Medicine, St Bartholomew's and The Royal London School of Medicine and Dentistry. This test is performed between 11-13 weeks gestation. If the results show an increased risk, a diagnostic test is offered such as chorionic villus sampling from 11 weeks, or amniocentesis after 15 weeks.

#### The Integrated Test

The Integrated Test identifies pregnancies at a high risk of Down's Syndrome, open neural tube defects and Edward's Syndrome (Trisomy 18). The Integrated Test detects about 85% of Down's Syndrome cases, though with a lower 'false positive' rate than the Combined Test. It is a highly effective and safe method of screening for Down's Syndrome.

The test is performed in two stages and is based on the information collected on both occasions:

- Stage 1 – carried out between 11-13 weeks of pregnancy. A blood sample is obtained and an ultrasound examination is carried out.
- Stage 2 – involves a second blood sample, ideally taken at 15 or 16 weeks of pregnancy, but up to 22 weeks is possible.

The information from the two blood samples coupled with the nuchal translucency and woman's age is used to estimate her risk of having a pregnancy with Down's Syndrome. Women with a risk of 1 in 250 or greater are interpreted as screen-positive for Down's Syndrome and offered a diagnostic test, usually an amniocentesis. Women who are interpreted as screen-positive for open neural tube defects are offered further tests such as an ultrasound scan.

#### Chorionic Villus Sampling

A chorionic villus sampling diagnostic test (CVS) is performed between 11-14 weeks of pregnancy. The full result is usually available within 2-3 weeks and a provisional report (PCR) is available in 2-3 working days.

Under ultrasound guidance, a sample of placental tissue is collected using a needle inserted through the abdominal wall or fine forceps through the cervix. Cells from the sample are used to diagnose Down's Syndrome or other chromosomal abnormalities. Details of the risks associated with this invasive test are available from the Fetal Medicine Unit.

#### Amniocentesis

Amniocentesis can be performed a little later in pregnancy and the full result is available in 2-3 weeks and a provisional report (PCR) is available in 2-3 working days. Under ultrasound guidance, a sample of amniotic fluid is collected using a needle inserted through the abdominal wall. Cells from the sample can be used to diagnose Down's Syndrome and other chromosomal abnormalities. Details of the risk associated with this invasive test are available from the Fetal Medicine Unit.

#### Biophysical Profile

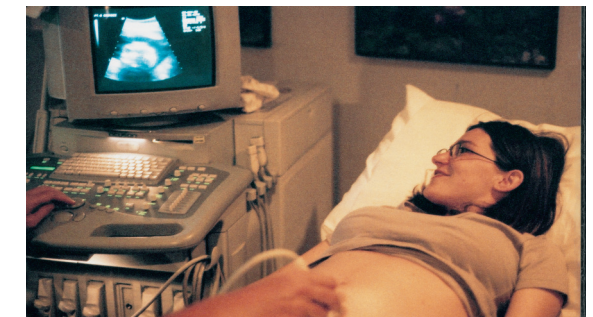
Ultrasound diagnosis of wellbeing can be assessed by observing your baby's movements, muscle tone and breathing as well as growth measurements in a biophysical profile scan. The information provided by ultrasound scanning enables you and your Consultant to decide if all is well as your baby develops and grows.

#### Fetal Cardiac Scan

Consultation is available in our Fetal Medicine Unit for specialist scans of the heart and major blood vessels which involve comprehensive real time scanning and counselling to diagnose or exclude malformation of the heart.

#### Counselling

Our team of Fetal Medicine Consultants and Sonographers are available to give the best care and attention, and provide caring support and counselling at sensitive times.



## Some questions to help you

**Q.** How safe is ultrasound?

**A.** Ultrasound is believed to be entirely safe to both you and your baby. Research has never shown any reproducible evidence of any harmful effects.

**Q.** Will I be in any discomfort during the scan?

**A.** No. The scan room will be slightly darkened so that the best images can be obtained. You will not have to get fully undressed for the scan and for a transabdominal scan your bladder will need to be fairly full. Warm gel will be spread across your abdomen by the scan transducer as the images and information are recorded. Some scans are performed vaginally. You will be asked to empty your bladder and the transducer will be fully covered by a sterile sheath before insertion. Gel will be applied to the tip of the transducer to ensure that there is no discomfort.

**Q.** How long does the scan take?

**A.** The scan time will vary according to the stage of your pregnancy and the position in which your baby is lying. Sometimes not all measurements can be made in one scan and this may add to the length of the scan time. However, most scans can be completed within 10 to 30 minutes.

**Q.** How soon do I get my results?

**A.** The Sonographers or Consultants in the department will discuss the findings with you during your scan, but for tests that involve taking a sample of the tissues or fluid, final results may take 2 to 3 weeks.

**Q.** What do I do if there is something wrong with my baby?

**A.** The best person to help you decide is your own Consultant. Our Fetal Medicine Consultants and Sonographers are available to give you information and support whilst your Consultant is being contacted.

### Consultants

Mr Joseph Aquilina  
*Consultant Obstetrician and Gynaecologist*

Dr Piers Daubeney  
*Consultant Cardiologist*

Mr Kevin Harrington  
*Consultant Obstetrician and Gynaecologist*

Mr Joseph Iskaros  
*Consultant in Obstetric Ultrasound*

Professor Eric Jauniaux  
*Consultant in Materno-Fetal Medicine*

Mr Pran Pandya  
*Consultant in Fetal Medicine*

Professor Charles Rodeck  
*Consultant in Fetal Medicine*

Dr Ian Sullivan  
*Consultant Cardiologist*

Dr Robert Yates  
*Consultant Cardiologist*

### To Make an Appointment or for Further Information:

#### Opening Hours:

Monday to Friday: 8.30 to 19.00

Saturday: 9.30 to 13.00

#### Obstetric Ultrasound

#### Department Appointments:

020 7390 8032

020 7390 8037

#### Emergency After Hours Contact:

Duty Sister on 020 7580 4400



## How to find us

### Car Parking

The nearest NCP is in Carburton Street. There is also meter parking in the surrounding streets. The forecourt of the hospital is available for arrival and collection of patients only.

Please note that The Portland Hospital is inside the congestion charging zone.

### Contact Details

205-209 Great Portland Street  
London  
W1W 5AH  
T 020 7390 8032/8037  
F 020 7390 8012  
E [info@portland.hcahealthcare.co.uk](mailto:info@portland.hcahealthcare.co.uk)  
[www.theportlandhospital.co.uk](http://www.theportlandhospital.co.uk)



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