



Prenatal Ultrasound FAQs

What is a prenatal ultrasound?

A prenatal ultrasound is a safe procedure that uses safe soundwaves to produce an image of the fetus. An ultrasound should only be performed by a qualified Sonographer.

What can I expect during a prenatal ultrasound exam?

The Sonographer will position you on the exam table and then apply a water-based gel to your pelvis. The Sonographer will then move a handheld device called a transducer over you to achieve the required images. You may need to change positions during the exam.

Does an ultrasound pose a risk to my pregnancy?

No, Ultrasound is a safe procedure if done correctly by a qualified Sonographer.

Preparing for an Obstetrical Ultrasound

Ultrasounds conducted prior to 11 weeks require you drink up to 1L of water one hour prior to your scheduled appointment, and do not urinate. This is essential, because it allows us to get a clear look at both the fetus and your reproductive organs.

After 11 weeks, you may also be asked to drink 1L of water, again to help get a clearer look at the fetus.

Can I find out the gender of my fetus?

Finding out the gender of your fetus is a choice that is very personal. During your anatomical scan, it may be possible to determine the gender of your fetus. Several factors, such as the stage of pregnancy and position of the fetus all have defining factors of seeing the gender. If the fetal gender is confidently identified, the results can be shared with you. However, there are cases where the fetus may not be positioned well, and gender cannot be determined at this stage.

Can my spouse/partner come into the room with me during my scan?

An ultrasound is a medical procedure. While we understand wanting to be there during the process, the sonographer's priority is obtaining the necessary diagnostic measurements and images. Your partner will be asked to wait in the waiting area until the examination has been completed. We will make all attempts for your partner to be brought in at the end of the scan to see the fetus.

Please understand that is up to the discretion of the sonographer whether to permit a partner in the room. Please respect the Sonographer's professional decision.

Can we take pictures, video or Facetime during the scan?

We understand that many people want to document their pregnancy journey; however, to respect the privacy of other patients and staff, the use of any cameras, video equipment or cellphones inside the clinic is strictly prohibited. Please remember that this is a medical procedure.

Fetal Ultrasound or procedures for non-medical reasons

The Controlled Acts regulation made under the Regulated Health Professions Act (RHPA) requires registrants to only apply soundwaves for diagnostic ultrasound procedures when they have an order from a physician or other authorized health professional.

CMRITO registrants must only perform procedures for the purposes of diagnostic evaluation of images or data relating to the procedure, and the assessment of an individual before, during and after the procedure. Therefore, it would be professional misconduct for a CMRITO registrant to use ultrasound to obtain a picture or video of a fetus or to determine gender for **non-medical reasons**.

Can we get or buy ultrasound pictures of our fetus?

Yes, we can create a USB with pictures of your fetus. Please understand that the pictures are diagnostic medical images. We charge a nominal fee for this.

Why do you make me wait 7 days before I can get a USB?

If the gestation period is less than 11 weeks, we ask everyone to wait 7 days. This is to ensure the radiologist has reviewed the images and agree with the Sonographers' findings.

Why doesn't my Sonographer speak with me about the results?

An ultrasound is a medical procedure and the Sonographer's priority is to obtain the necessary diagnostic images for medical purposes. Depending on length of appointment and stage in pregnancy, the Sonographer may not have a lot of time to show you the baby - especially early in the pregnancy. Often at an early stage, there is very little to see.

There will be future opportunities to see the fetus if the Sonographer is not able to during this visit. Pictures are available as noted above.

Sonographers are not legally allowed to discuss the findings or results with the patients. A radiologist report will be sent to your doctor for them to review with you.