



## OB ULTRASOUND

Congratulations! This is a very special time in your life and ultrasound is a great way to bond with your baby. We want this to be a memorable event, but it is important to remember that an ultrasound is a **medical exam to document the health of your baby**. Ultrasounds are not performed unless they are medically necessary. Here are some things to remember:

- Ultrasounds before 13 weeks may be performed vaginally.
- No powder or lotion should be applied to your abdomen/belly prior to ultrasound.
- We prefer you have only **one support person** (age 18 or older) in the ultrasound room with you, no children please. That person must arrive with you and be present when you are called back to the ultrasound room. If your support person arrives late, then they may not be allowed to come to the ultrasound room after the exam has begun. Your support person will also not be allowed to enter if they are sick or have had recent exposure to someone with COVID-19.
- If you arrive late to your ultrasound appointment then you may have to be rescheduled.
- Complimentary pictures will be offered and you will be able to choose the method to receive them (text, email, or print). You may pick **ONE** method. Sometimes, especially in the third trimester, there will not be pictures because of the baby's position.
- 3D/4D is a courtesy. Extra time will not be spent during your **medical** exam trying to get baby in an optimal position for 3D pictures. If you would like additional pictures, please request information about scheduling a Keepsake 3D/4D ultrasound at 28-32 weeks (not covered by insurance).

***Thanks for understanding that we want to offer you the best health care with limited distractions so we can focus on you and your baby.***