

## Patient information factsheet

# Your first trimester screening appointment

**You have been sent an appointment for first trimester screening. This factsheet explains what is involved. Should you require any additional information or need to change your appointment, please contact us on 023 8120 6046 between 9am and 5pm, Monday to Friday.**

### What is a first trimester screening appointment?

It is an appointment where checks for certain conditions and abnormalities affecting your baby are carried out. Provided you give your consent, we will screen for Down's syndrome, Edward's syndrome and Patau's syndrome.

You will have an ultrasound scan, during which some gel will be applied to your abdomen (tummy) and an ultrasound probe will be passed backwards and forwards over your skin by a specialist called a sonographer. The sonographer will obtain a measurement of your baby, as well as measuring the fluid behind your baby's neck. This will be followed by a blood test.

### Important information

- You should attend your scan with a **moderately full bladder**. This will help us obtain good views of your baby.
- Make sure you bring your pregnancy notes with you.
- Please allow up to two hours for your appointment.
- The use of recording equipment is not permitted in the scan rooms.
- All mobile phones must be turned off while in the department.
- Following the ultrasound scan you will have a blood test. This may be carried out in the ultrasound department, or you may be asked to go across to Southampton General Hospital which is opposite Princess Anne Hospital. (We will give you directions). The blood test will complete the screening appointment.

We are a very busy department and the nature of our work means we can occasionally experience delays (though we always do our best to avoid this). We ask that you allow plenty of time for your appointment and arrive on time. If you arrive late, it may be necessary to rebook your scan for another day.

### When will I receive the results?

Should the results indicate an increased chance (more than 1 in 150) of your baby being affected with Down's, Edward's or Patau's syndrome, you will be contacted by a screening specialist midwife, usually within three working days of the test being performed. If the results show a low risk, you will be sent a letter within two weeks.

### Bringing someone with you

This is a medical examination and an important antenatal screening test. For your comfort and safety, **only one adult may accompany you** during the scan. (If there are special circumstances, these may be discussed with the sonographer at the beginning of the appointment). If you attend your appointment alone, you can request a chaperone to accompany you during the scan if you wish.

# Patient information factsheet

**Please note that children are not allowed in the scan rooms and should not be left unaccompanied in the waiting areas.**

## Photographs

If you wish to have a photograph of your baby at the scan, you may purchase a ticket once you have checked in at reception. The ticket is then handed to the sonographer when you enter the scan room. There is a charge for photographs, £5.50 each or £10.50 for three. You may pay by cash, debit or credit card. Please note the cash payment machine does not give change. You may buy as many tickets as you wish but the images you receive may all be the same. The sonographer will try their best to obtain a good image, but it is important to be aware that a number of factors, including the position of your baby and your maternal build, can affect how clear the photographs are.

## Parking

Our car parks can get very busy so we recommend you leave plenty of time to park. There is a charge for parking, so remember to bring change to pay at the machines on the way out. For more information visit: [www.uhs.nhs.uk](http://www.uhs.nhs.uk) and search for 'parking'.

## Useful links

[www.nhs.uk/conditions/pregnancy-and-baby/pages/screening-amniocentesis-downs-syndrome.aspx](http://www.nhs.uk/conditions/pregnancy-and-baby/pages/screening-amniocentesis-downs-syndrome.aspx)  
(includes video content).

## Contact us

Ultrasound department  
Princess Anne Hospital  
Coxford Road  
Southampton  
SO16 5YA

Telephone: **023 8120 6046** (9am to 5pm, Monday to Friday)

**If you need a translation of this document, an interpreter or a version in large print, Braille or on audiotape, please telephone 023 8120 4688 for help.**