

Wellbeing scan

This is the most important part of your baby's life where the focus now will be on preparing baby and its organs to face the outside world. Doctors will usually advise a scan around 32 weeks and another near 37-38 weeks. Depending upon your medical conditions another scan may be added around 34-36 weeks and combined with a doppler examination.

Do I really need a scan in my third trimester?

As said earlier, your doctor will like to know how well this baby is growing and is there any need of an early intervention. The objectives of this scan will be to:

- check the position of umbilical cord
- measure the amount of amniotic fluid
- check the placental position and maturity
- know your baby's position and weight
- check your baby's wellbeing and circulation
- assess how a previous caesarean scar appears

In these following conditions, perhaps doctors will increase their frequency of surveillance:

- Your baby isn't moving as well or as often as he should be
- Your baby is in the breech, oblique or transverse position
- You are carrying twins or more
- The umbilical cord was seen to be around your baby's neck in an earlier scan
- the amount of amniotic fluid is more or less than it should be
- your baby feels smaller or larger than expected for her gestational age

What is seen in the third trimester scans?

The third trimester scans will try to look for baby's

How is the baby growing so far?

By looking at its growth parameters, judgement is made about its growth. Most of the times it is corresponding. Sometimes there can be a lag in growth when doctors may perform additional tests like doppler examination which examines the utero-placental flow. In some conditions like pregnancy hypertension, the baby may show a tendency of not gaining enough weight and this is important for doctors to understand. In some select cases a decision to deliver early, may be necessary for baby's wellbeing.

Sometimes the baby may be growing faster like in gestational diabetes...

Your blood sugar levels will be checked, as gestational diabetes does sometimes develop in the third trimester. If you do have gestational diabetes, rest assured that it usually goes after the baby is born.

High levels of sugar in your blood mean that the baby is also getting more sugar. So you will be given dietary advice to bring the levels down.

Is it safe to have several scans?

Ultrasound scans are considered safe for babies, your doctors will always ensure that ultrasound examinations are performed within the limits set by international guidelines (ALARA principle).

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movements like, the following:

- stretches and flexes
- moves his arms and legs frequently
- opens and closes his hands
- makes breathing movements

Healthy baby will move about 10 times a day. This means that your baby is doing well.

A lower score could be a sign that your baby isn't getting enough oxygen from the placenta. But it could also just be because your baby is fast asleep when the scan is done. Your doctor will probably ask you to come in for another scan to confirm if there is a problem.
