



**Queensland  
Government**

**PATIENT INFORMATION SHEET ONLY**

**NO DOCUMENTED CONSENT REQUIRED**

# Consent Information - Patient Copy Nuchal Translucency Scan

## 1. What is a Nuchal Translucency Scan?

The Nuchal Translucency Scan is an ultrasound scan and is the first part of the 'Combined First Trimester Screening Test'.

The second part is a specific blood test from the mother.

All unborn babies have a collection of fluid found under the skin at the back of the baby's neck.

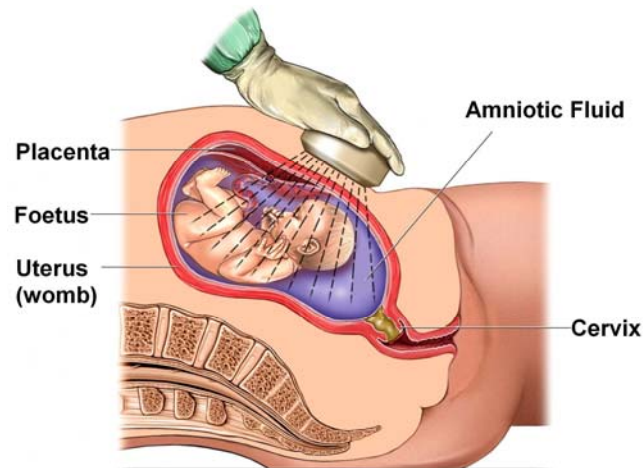
The thickness of this fluid layer is called the 'nuchal translucency' and is measured with ultrasound.

Ultrasound imaging uses soundwaves to take pictures. It does not use radiation.

Nuchal Translucency is measured because research has shown a link between the thickness of the fluid and an increased risk of common chromosomal abnormalities such as Downs Syndrome.

Factors such as the mothers' age, weight, blood test results, and the nuchal translucency details, are combined to give you a result.

This is a screening test and will *not* tell you if your baby definitely has an abnormality but may help decide if further testing is needed.



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## 2. Will there be any discomfort, is any anaesthetic needed?

A Nuchal Translucency Scan is a painless procedure, no anaesthetic is required.

## 3. Preparation for the procedure

The medical imaging department will give you instructions on how to prepare for your scan.

- Your referring doctor will give you a request form for a specific blood test. You should have this blood test done one week before the procedure.
- Please wear a loose fitting, two-piece outfit because only your lower abdomen needs to be bare for the procedure.

## 4. During the procedure

The lights in the room will be dimmed so that the pictures can be seen more clearly on the display screen.

Ultrasound gel will be put onto your abdomen. The gel allows the probe to slide easily over the skin and helps to produce clearer pictures.

Ultrasound pictures are taken.

Once the scan is complete, the gel will be wiped off your skin.

- Depending on the procedure the ultrasound could take between 30 and 60 minutes. This time frame depends on the position and movement of your unborn baby.
- Sometimes, a transvaginal ultrasound scan may be needed to improve the detail of the pictures.

If you are having a transvaginal scan the procedure will be explained to you. Following this, your verbal consent will be obtained to do this part of the procedure.

A second staff member may also be in the room during your transvaginal scan.

Transvaginal Ultrasound is similar to a gynaecological examination. You will be covered with a sheet. A small ultrasound probe will be inserted into the vagina. The probe is moved in the vagina and pictures taken.

## 5. After the procedure

Make an appointment to visit your referring doctor with your results at least one week after having the procedure. It is important that your doctor sees and discusses the results of the tests with you.

## 6. What are the risks of this specific procedure?

There are no known risks to you or your baby from having an ultrasound.

The procedure may not be possible due to medical and/or technical reasons.

## Notes to talk to my doctor/ health practitioner about:

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