# Obstetric Ultrasound Scan

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#### General

#### **Prerequisites**

- Details of history, examination. and routine investigations for pregnancy completed and known.
- Relevant risk factors to be identified.
- Relevant serology and genetic concerns are specified.
- > Pre scan interview, discussions and counseling.

#### Preparation

- > High resolution real-time gray-scale US machine.
- Experienced physician or sonographer.
- > Semirecumbent comfortable mother.
- Screen visible to mother and physician.

Documentation (varies)

Written report

Hard Copy Video/lmage capture system to preserve image

#### Scanning or transducer frequency

Mechanical vibrations at frequencies above 20 kHz are defined as ultrasound.

A transducer is the device that both generates the ultrasound and detects the returning echoes.

Higher frequency transducers produce improved resolution but have shallower depth of view.

#### Scanning or transducer frequency

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Transabdominal scan often with frequencies of 2 - 5 MHz (to allow for a range of patients from obese to slender).



#### Scanning or transducer frequency

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The frequency for transvaginal scan ranges from 5.0 to 9.0 MHz.



#### First Trimester Ultrasound

Scanning: often used as primary tool in evaluating first trimester complications.

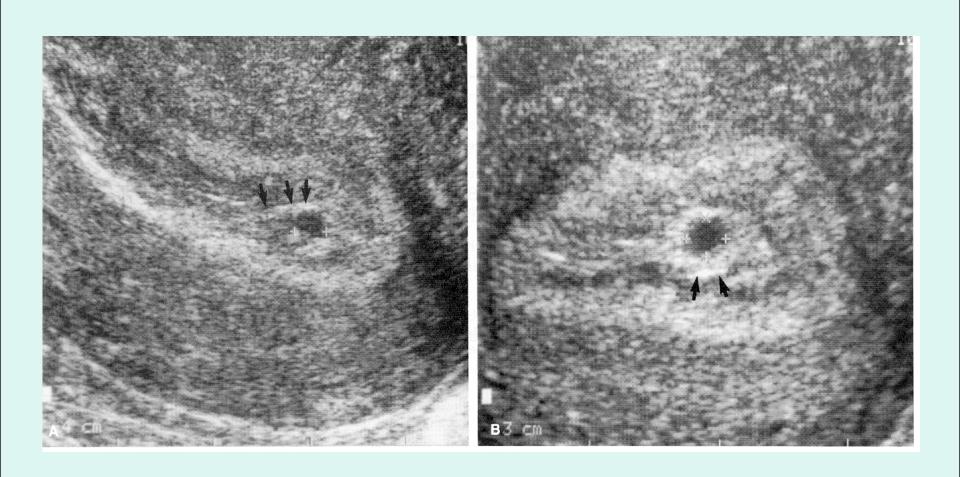
> Transvaginal and transabdominal should be obtained.

#### First trimester ultrasound indications

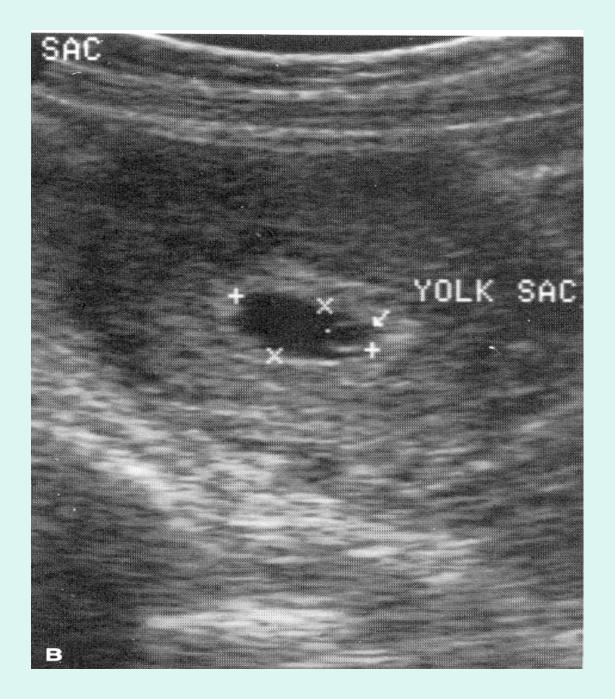
- > Suspected miscarriage.
- > Vaginal bleeding.
- ➤ Gestational age (if uncertain, or size/date discrepancy).
- > Aadjunct to procesures (e.g. CVS).
- > Suspected multiple gestation.
- > Suspected hydatidiform mole.
- > IUD localization.
- > Suspected uterine abnormality.
- > Evaluation of maternal pelvic masses.

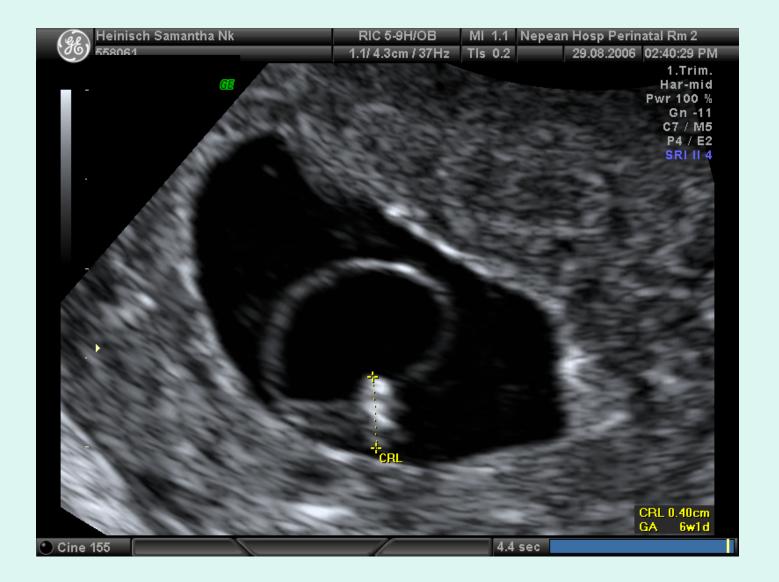
# 1<sup>st</sup> trimester scan

Intrauterine Gestational sac for **b**HCG > 1000-1500 IU/L

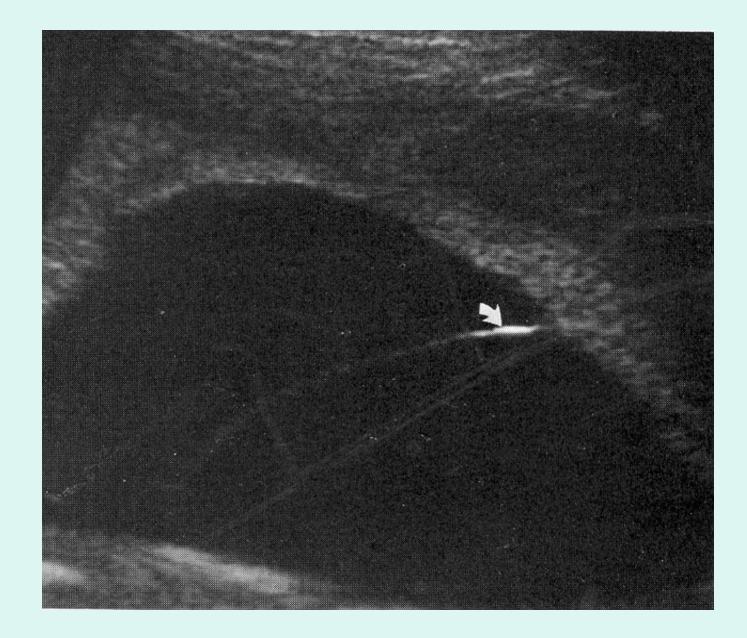


Early implantation









# Products of Conception?



## Dating the Pregnancy

There are three possible methods for dating a pregnancy by ultrasound, depending on the size of the fetus or embryo.

The Mean Sac Diameter Measurement (MSD)

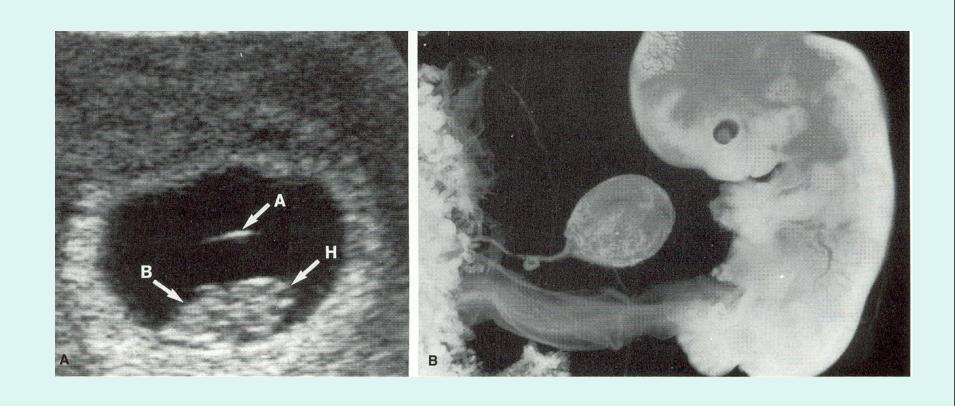
This is used when there is no fetal pole visible, just a gestational sac. The gestational sac is measured in its three dimensions and the average of these three measurements is calculated by the ultrasound machine. The ultrasound machine will determine the corresponding gestational age.

## The Crown Rump Length (CRL)

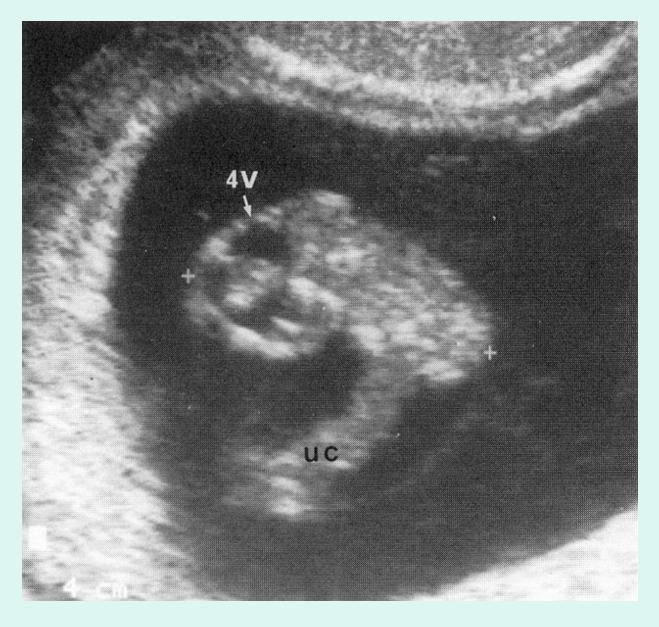
The CRL is used from the time a fetal pole can be identified, right up until about 14 weeks.

A longitudinal image is captured of the fetus (if possible, a sagittal image) and callipers measure the distance between the top of the head and the rump.

The ultrasound machine will determine the corresponding gestational age.



8 weeks



9 weeks



# The 11–14 week scan

- Fetal medicine foundation NT scan
  - Computer based assessment of risk of fetal aneuploidy
    - Assesses
      - Nuchal translucency
      - Fetal gestation
      - Maternal age
      - Maternal weight, smoking and history of previous aneuploidy
      - Maternal serum PAPP-A and free bHCG levels
      - Generates risk for fetal trisomy 21, 13/18, (and XO)

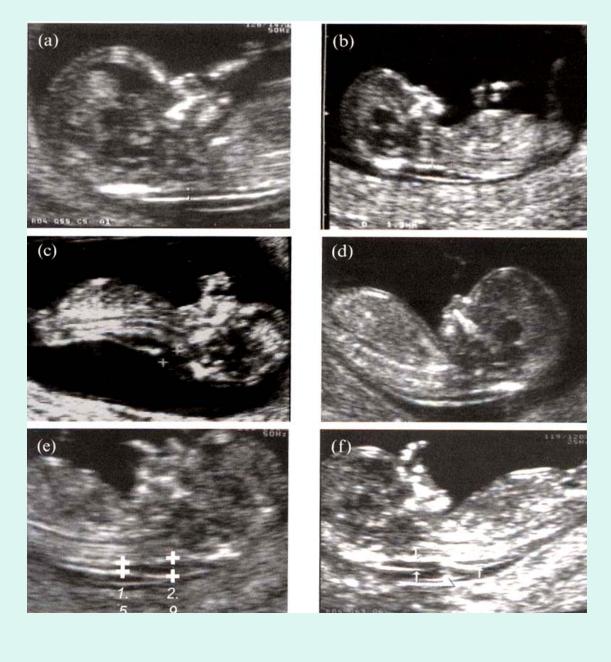
## Nuchal translucency - definition

- Nuchal translucency is the sonographic appearance of subcutaneous accumulation of fluid behind the fetal neck in the first trimester of pregnancy.
- The term translucency is used, irrespective of whether it is septated or not and whether it is confined to the neck or envelopes the whole fetus.
- The incidence of chromosomal and other abnormalities is related to the size, rather than the appearance of NT.
- During the second trimester, the translucency usually resolves and, in a few cases, it evolves into either nuchal edema or cystic hygromas with or without generalized hydrops.

## Nuchal translucency - measurement

- The gestation should be 11-13+6 weeks and the fetal crown rump length should be 45-84 mm.
- A mid-sagittal section of the fetus should be obtained and the NT should be measured with the fetus in the neutral position.
- ➤Only the fetal head and upper thorax should be included in the image.





#### Examination of the nasal bone

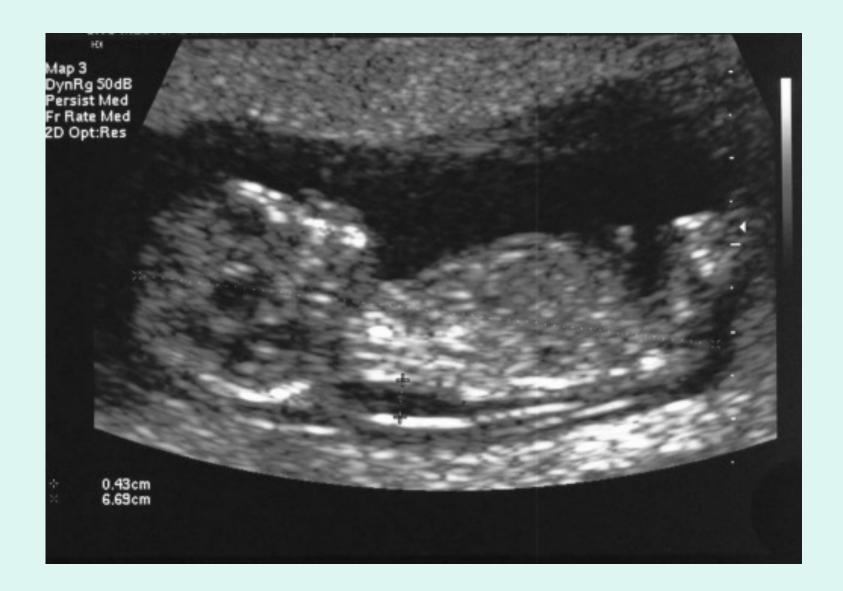
In the image of the nose there should be three distinct lines.

The top line represents the skin and the bottom one, which is thicker and more echogenic than the overlying skin, represents the nasal bone.

A third line, almost in continuity with the skin, but at a higher level, represents the tip of the nose.







Trisomy 21, no nasal bone

#### Abnormalities associated with increased NT

Central nervous system defect	Gastrointestinal defect	Fetal anemia
Acrania / anencephaly	Crohn's disease	Blackfan Diamond anaemia
Agenesis of the corpus callosum	Duodenal atresia	Congenital erythropoietic porphyria
Craniosynostosis	Esophageal atresia	Dyserythropoietic anaemia
Dandy Walker malformation	Small bowel obstruction	Fanconi anemia
Diastematomyelia		Parvovirus B19 infection
Encephalocele	Genitourinary defect	Thalassaemia-a
Fowler syndrome	Ambiguous genitalia	
Holoprosencephaly	Congenital adrenal hyperplasia	Neuromuscular defect
Hydrolethalus syndrome	Congenital nephrotic syndrome	Fetal akinesia deformation sequence
Iniencephaly	Hydronephrosis	Myotonic dystrophy
Joubert syndrome	Hypospadias	Spinal muscular atrophy
Macrocephaly	Infantile polycystic kidneys	
Microcephaly	Meckel-Gruber syndrome	Metabolic defect
Spina bifida	Megacystis	Beckwith-Wiedemann syndrome
Trigonocephaly C	Multicystic dysplastic kidneys	GM1 gangliosidosis
Ventriculomegaly	Renal agenesis	Long-chain 3-hydroxyacyl-coenzyme A dehydrogenase deficiency
		Mucopolysaccharidosis type VII

Facial defect	Skeletal defect	Smith-Lemli-Opitz syndrome
Agnathia/micrognathia	Achondrogenesis	Vitamin D resistant rickets
Facial cleft	Achondroplasia	Zellweger syndrome
Microphthalmia	Asphyxiating thoracic dystrophy	
Treacher-Collins syndrome	Blomstrand osteochondrodysplasia	Other defect
	Campomelic dwarfism	Body stalk anomaly
Nuchal defect	Cleidocranial dysplasia	Brachmann-de Lange syndrome
Cystic hygroma	Hypochondroplasia	CHARGE association
Neck lipoma	Hypophosphatasia	Deficiency of the immune system
	Jarcho-Levin syndrome	Congenital lymphedema
Cardiac defect	Kyphoscoliosis	EEC syndrome
Di George syndrome	Limb reduction defect	Neonatal myoclonic encephalopathy
	Nance-Sweeney syndrome	Noonan syndrome
Pulmonary defect	Osteogenesis imperfecta	Perlman syndrome
Cystic adenomatoid malformation	Roberts syndrome	Stickler syndrome
Diaphragmatic hernia	Robinow syndrome	Unspecified syndrome
Fryn syndrome	Short-rib polydactyly syndrome	Severe developmental delay
	Sirenomelia	
Abdominal wall defect	Talipes equinovarus	
Cloacal exstrophy	Thanatophoric dwarfism	
Exomphalos	VACTER association	
Gastroschisis		

# The 18-23 week scan

 Should be performed over a time for the fetus to change position to see all anatomy.

Should involve both colour and gray scale imaging

# 18-23 weeks scan

Best compromise allowing for adequate maturation of the organ systems whilst allowing for intervention if there is an anomaly

# The 18-23 week scan

- Fetal Number
- Fetal cardiac activity
- Gestational age
- Fetal anatomy
- Amniotic fluid
- Placental position
- Cervical length
- Maternal adenexal structures

### Measurements, of the head and femur

These measurements are recorded from about 14 weeks onwards. The head measurements include:

- > Head Circumference (HC).
- ➤ Biparietal Diameter (BPD).
- Femur Length (FL) is routinely recorded.

# Fetal anatomy

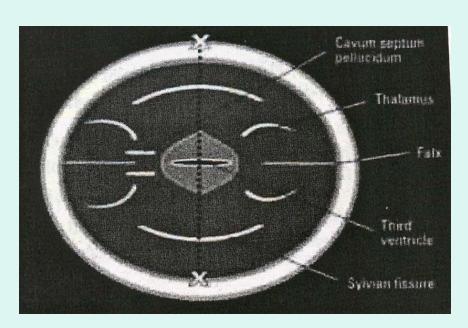
- Head
- Face
- Diaphragm
- Heart
- Great vessels
- Abdomen
- Spine
- Extremities
- Umbilical cord

### Biparietal Diameter (BPD)

A transverse image of the fetal skull and brain should be obtained

- To ensure that the measurements is obtained in the correct plane the following anatomy of the brain should be demonstrated:
- The falx cerebri.
- The cavum septum pellucidum.
- The thalamus.
- It is important that the cerebellum is not demonstrated. This would indicate that the plane has been taken too low in the brain posteriorly.

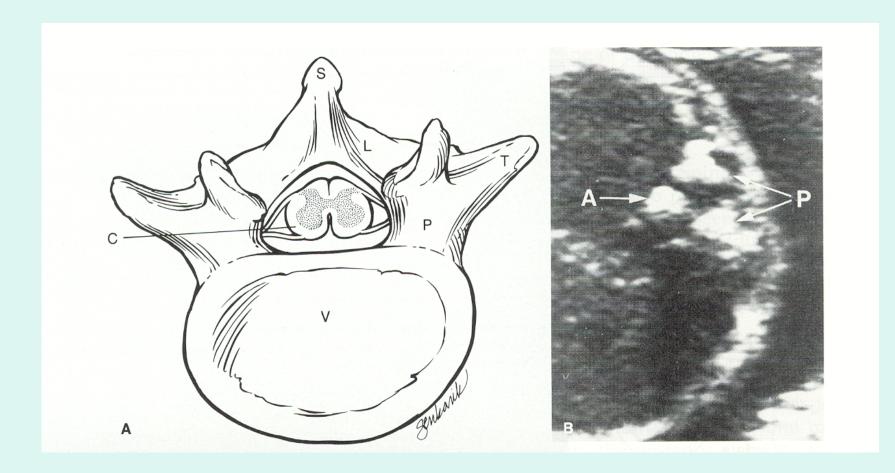
- Similarly, the orbits should not be seen at the front of the skull or the plane has been taken too low anteriorly.
- The callipers are then placed across the widest portion of the skull, perpendicular to the falx cerebri.
- The callipers are placed from the leading edge of the skull on the near side to the leading edge of the skull on the far side. They are placed so that they do not include the skin line.



















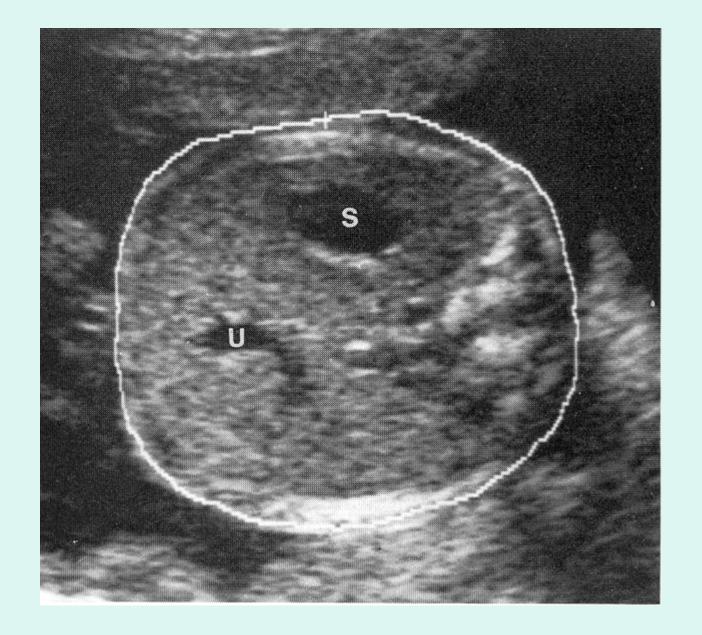




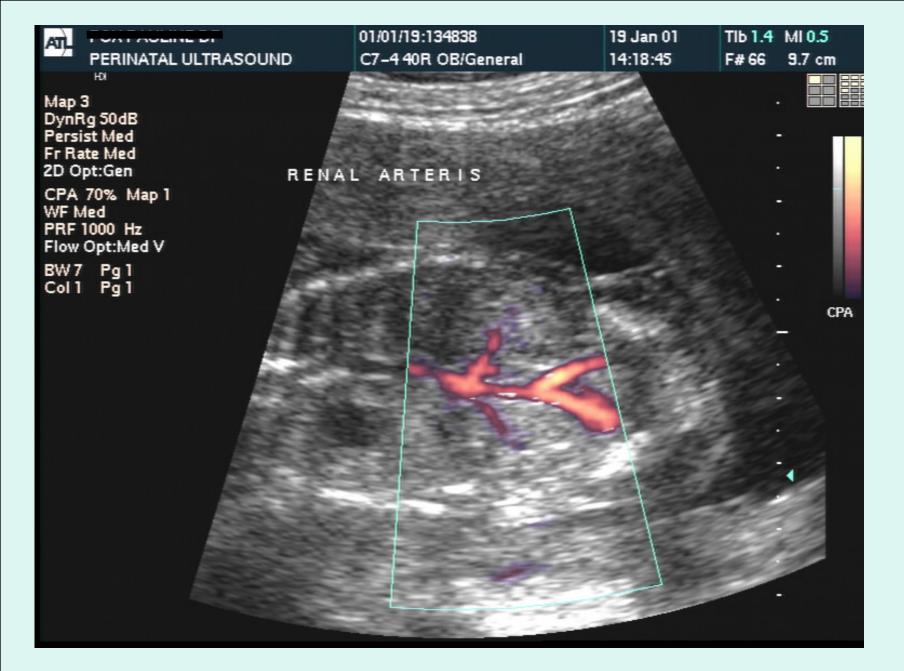


Normal cardiac size

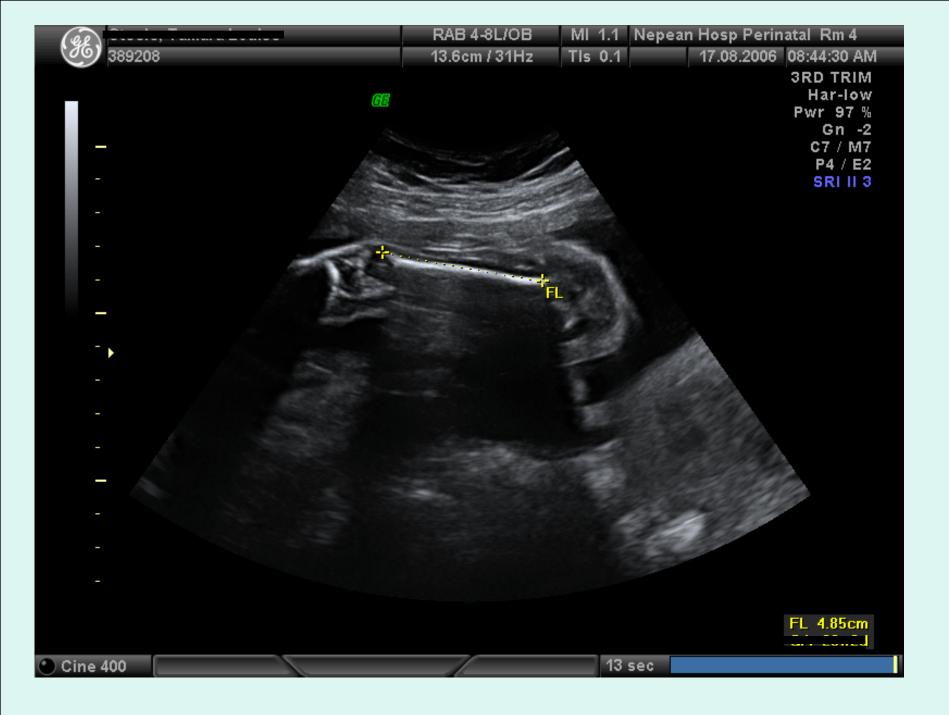
















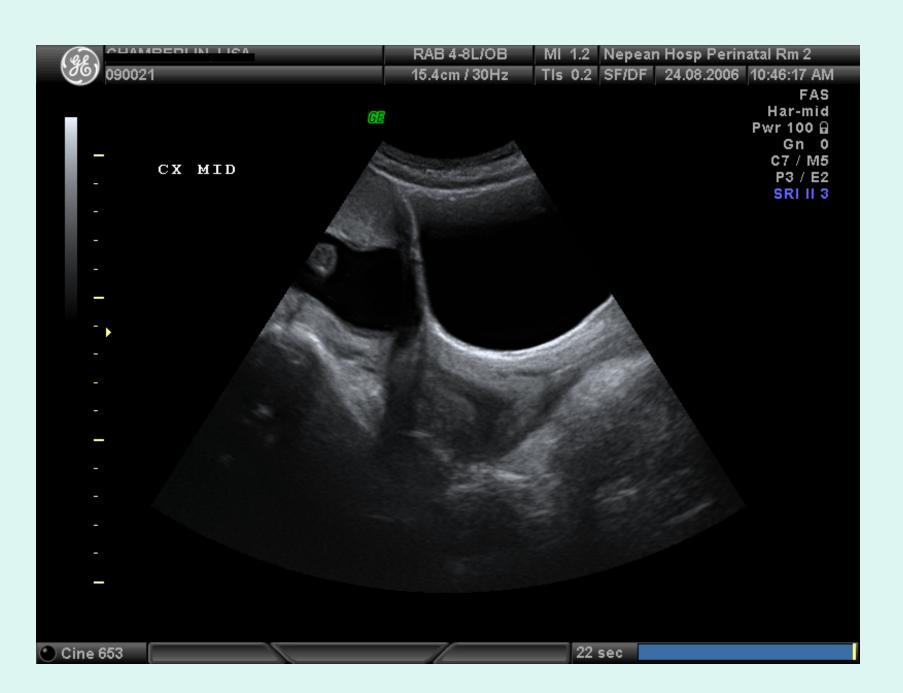
### Cervix

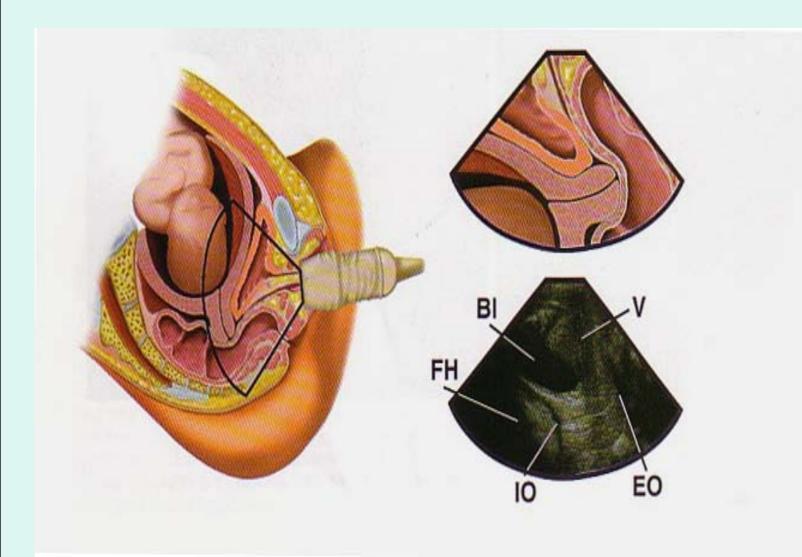
Closed length should be > 2.5cms

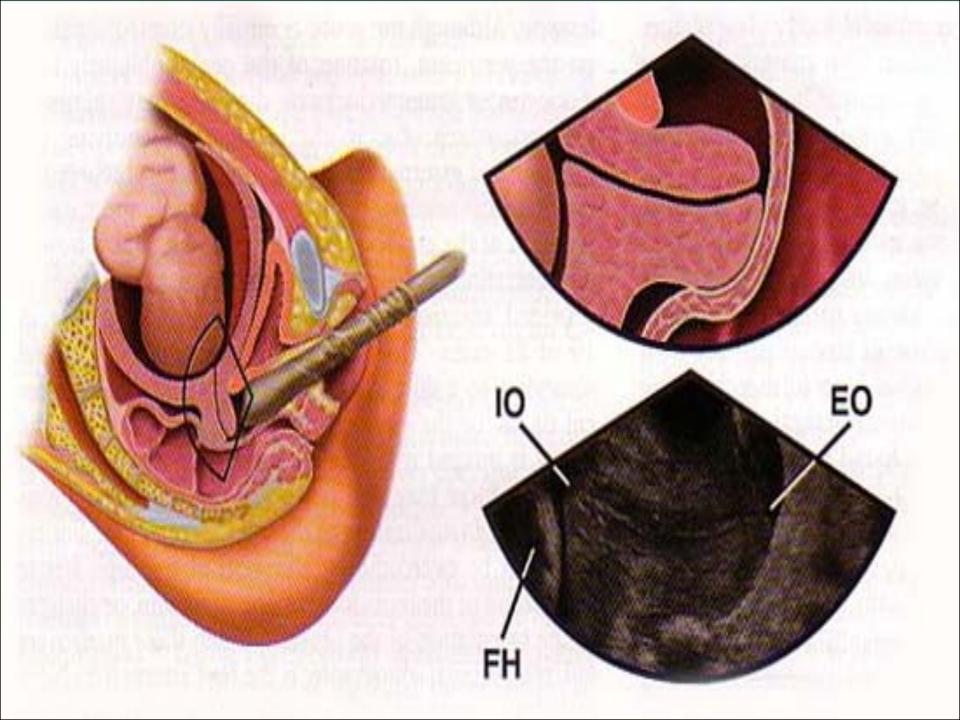
### Technique

There are three ways to view the uterine cervix by sonography:

- 1. Transabdominal.
- 2. Transvaginal.
- 3. Translabial.







## Liquor

- Objective assessment necessary
- Hard at 18 weeks
- Is there a pool of at least 4cm x 4cms?

#### Is it safe?

There is no evidence in the ongoing follow up of large non-randomized populations or smaller randomized trials, of cavitation, sister chromatid exchanges, free radical generation, membrane interface motion, intrauterine heating or cell death, from intrauterine ultrasound exposure, producing detectable neonatal or pediatric injury.

### Why?

- 1. Total sound exposure is low.
- 2. The tiny fraction of time sound is actually being sent "duty cycle" during a total transducer cycle.
- 3. Distance of the fetus from the energy source.
- 4. Low energy emission in the first place.
- 5. Organogenesis is complete.
- 6. Fetal movement in and out of the scan
- 7. insonation of individual structures for short periods of time.

## Third trimester scanning

- Fetal number, presentation and size
- Fetal cardiac activity
- Measurements of fetal size
- Placental localization
- Amniotic fluid volume
- Detection of maternal masses
- Fetal well-being
- Fetal anomalies

## Third trimester scanning

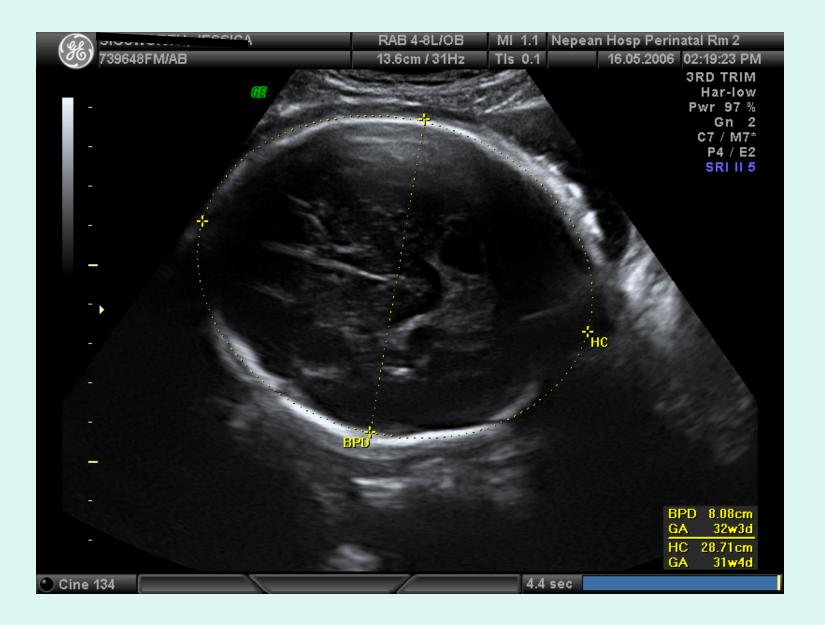
- Also check anatomy
- The fetal anomalies that may present in the third trimester
  - Polycystic kidneys
  - Hydronephrosis
  - Skeletal dysplasias
  - Manifestations of neuromuscular disorders

#### Indications for a 3rd trimester scan include:

- Intrauterine growth retardation (IUGR).
- >Macrosomia.
- >Polyhydramnios.
- **➢Oligohydramnios.**
- Decreased Fetal movements.
- Antepartum haemorrhage.
- > Pregnancy induced hypertension (P.I.H).
- > Previous bad obstetric history.
- ➤ Gestational diabetes

## Third trimester scanning

- Growth
  - Measure
    - BPD, HC, AC, FL.
    - Amniotic fluid index.
    - Placental position.
    - Doppler exam.

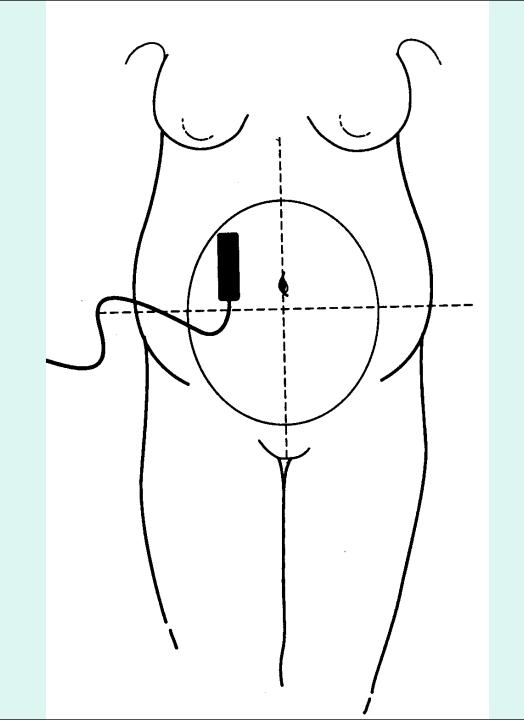


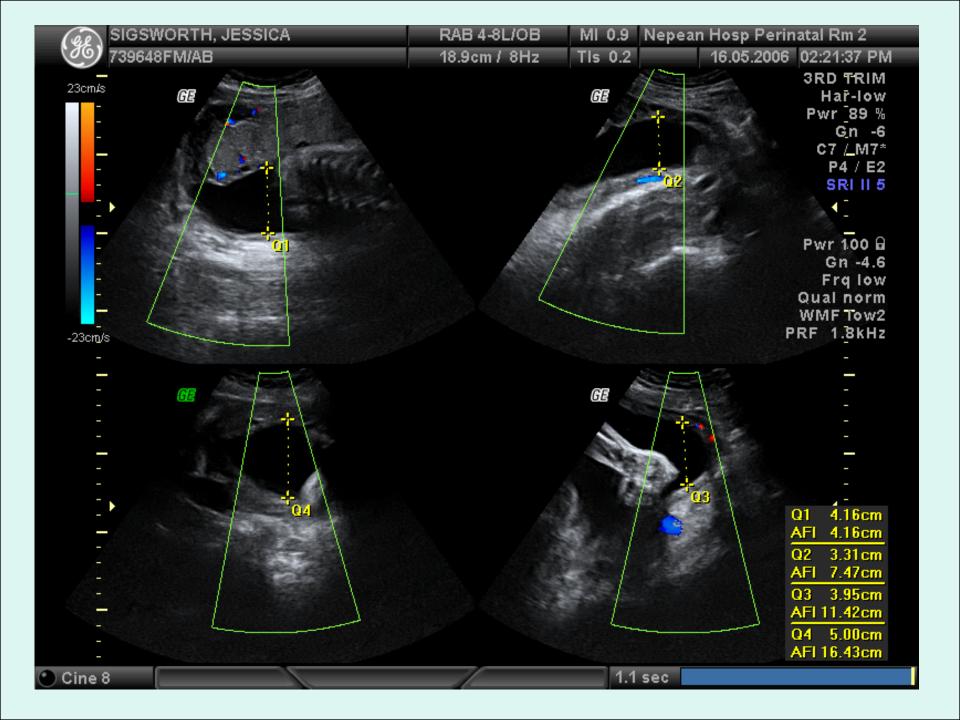




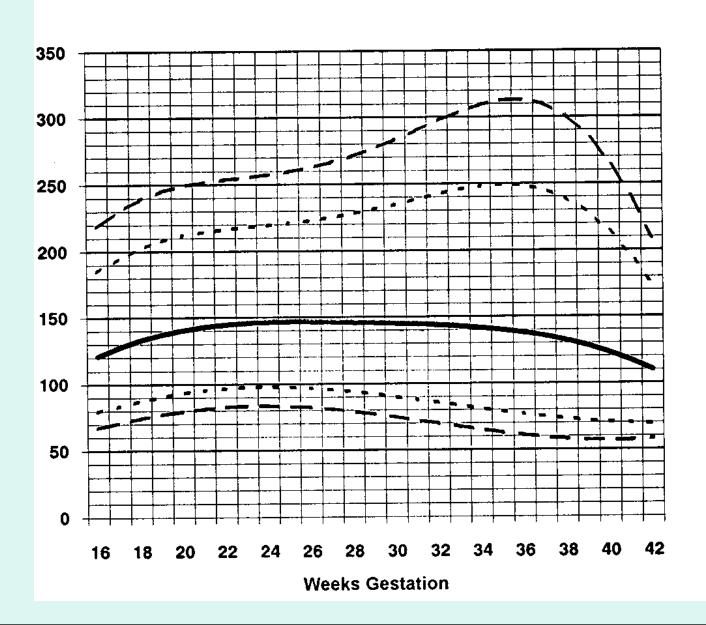
### Assessing amniotic fluid volume:

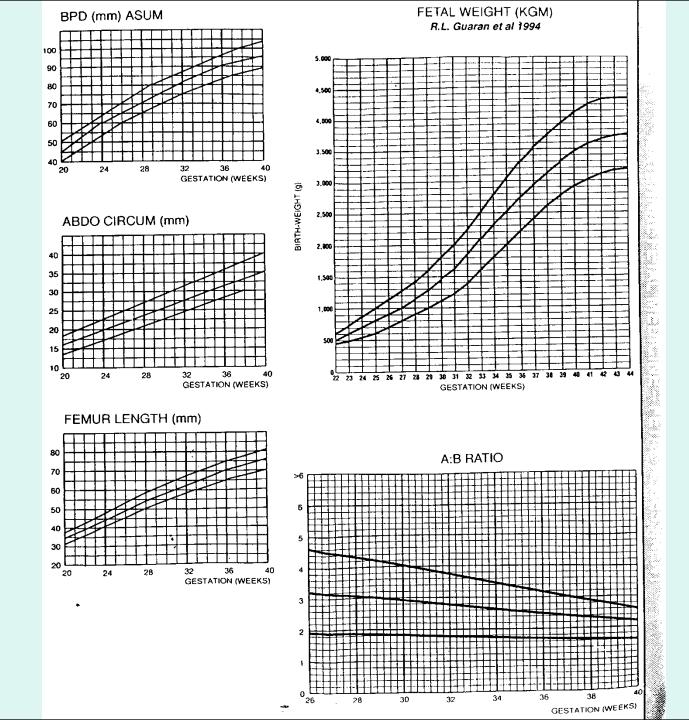
- 1. Subjective assessment: With experience, it is possible to classify amniotic fluid volume into the broad categories absent, low, normal, increased and excessive.
- 2. Single deepest pool The size of the deepest, cord- free pool of amniotic fluid is assessed with the ultrasound probe perpendicular to the maternal abdomen a minimum depth (less than 2 cm ;oligohydramnios, more than 8 cm: polyhydramnios).
- 3. AFI (5-25 cm). Even though this method is accepted as superior to the single deepest pool technique, considerable intra- and interobserver variation exists.





#### **Amniotic Fluid Index**



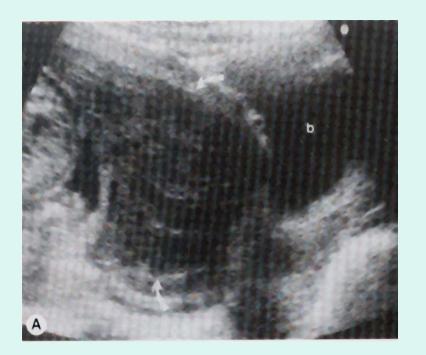


## Third trimester scanning

- Placental localization
  - where is the head in relation to the lower edge of the placenta.
  - watch the lateral aspect of the placenta
  - a low posterior placenta has more clinical significance than an anterior one.
  - In the presence of a Caesarean section scar, the possibility of placenta increta must be looked for.







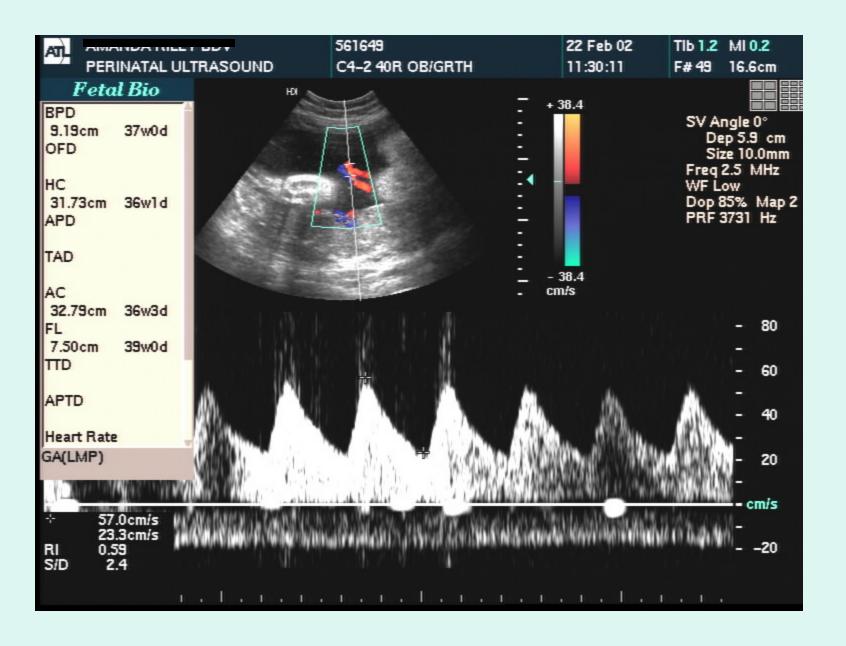
## Third trimester scanning

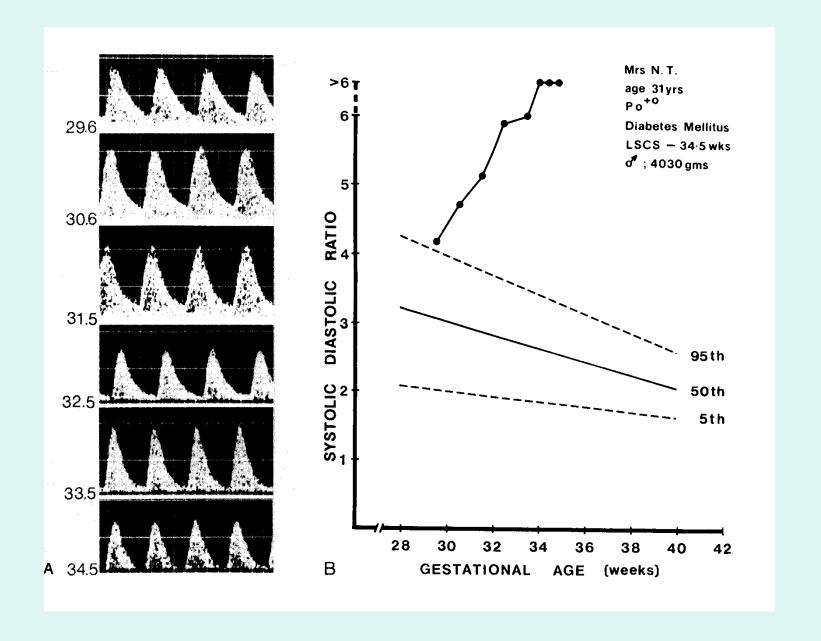
- Welfare assessment should be part of all third trimester scanning
  - BPP

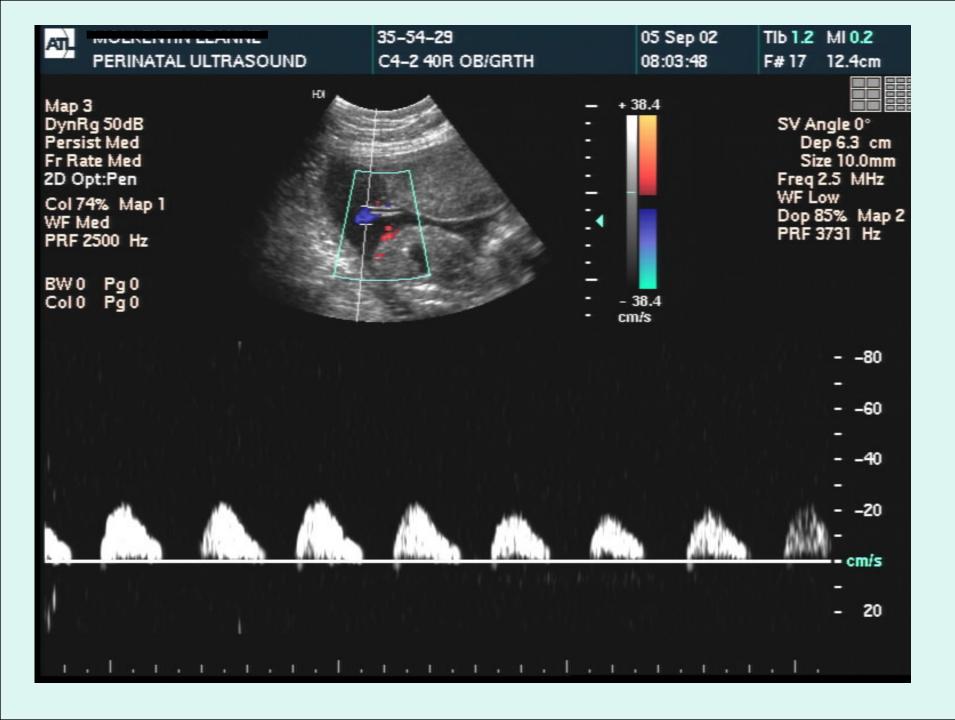
Doppler studies

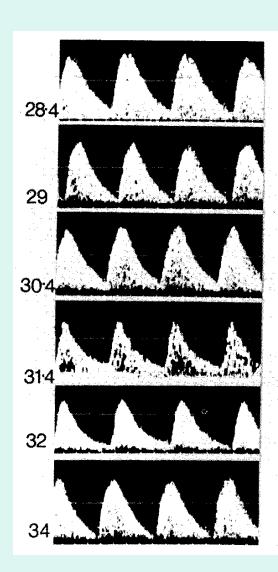
### Doppler flows

- Taken in association with growth, liquor, and heart rate monitoring
- Possible sites:-
  - Umbilical vessels
  - MCA
  - Ductus venosus









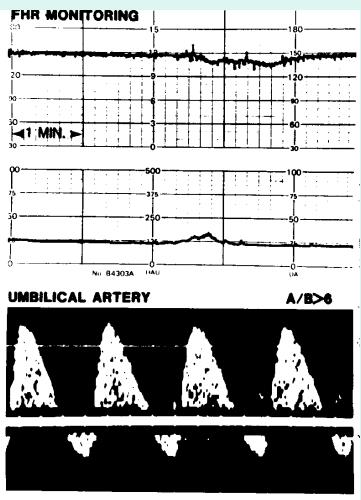
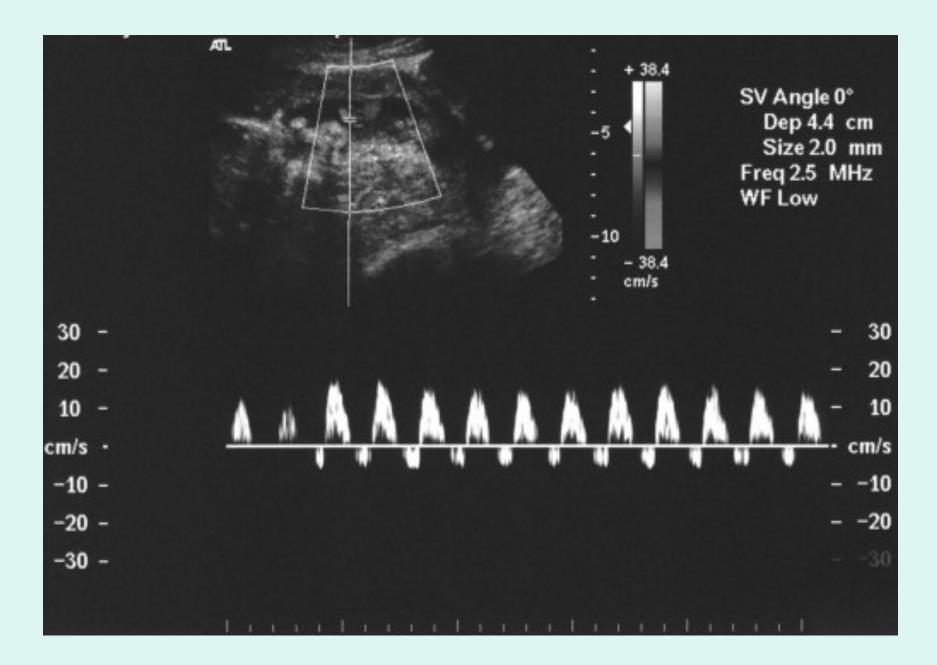
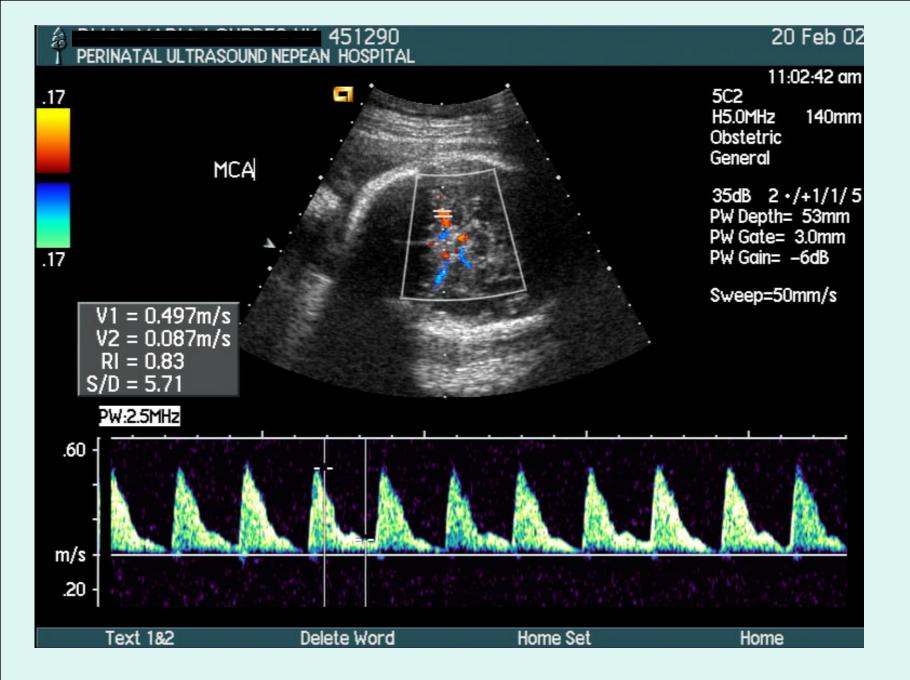
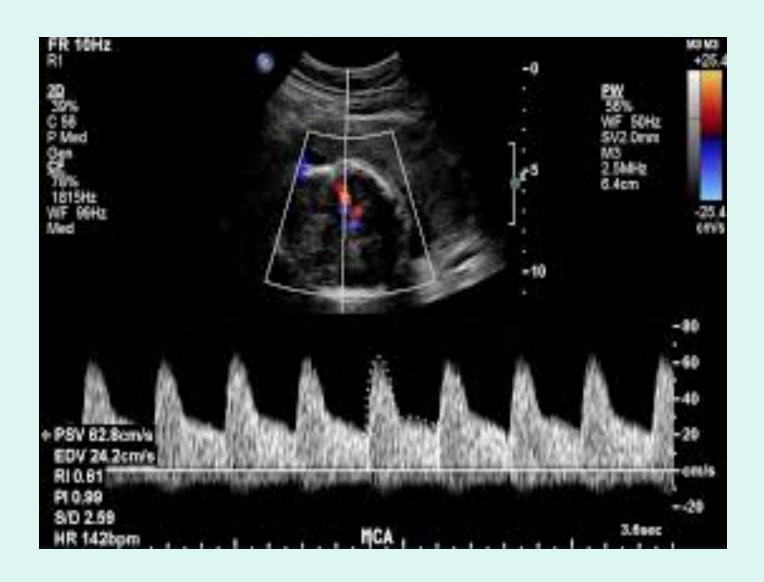


FIGURE 16-6. An umbilical artery flow velocity wav in which umbilical placental impedance is so high th

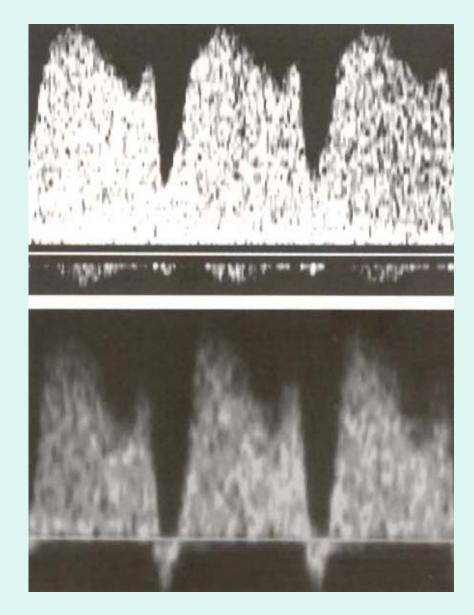






#### Ductus venosus

- Ductus venosus connects the left hepatic vein to the inferior vena cava.
- ➤ Visualised in the transverse plane using colour by following the umbilical vein until the ductus divides from the hepatic vein.
- ➤ Under normal conditions, flow in the ductus is antegrade. With hypoxemia, the dilation of the ductus will result in reverse flow in arterial systole.



#### 3D and 4D techniques

3D: static

4D real time

In order to get a good 3D or 4D picture we need a good 2D picture.

Many modes

1.surface modes, (fetal face, limbs...).

2. Transparent modes:

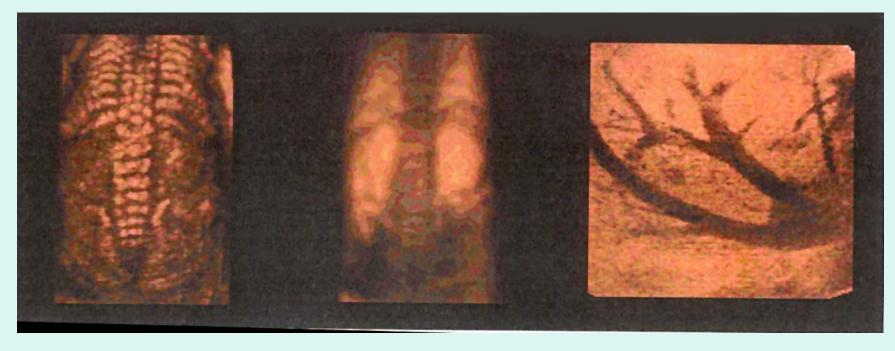
A. Max.: bony structures.

B. Min: vessels, cystic structures and inner parenchyma skeleton.









Maximum X-Ray Minimum



Glass-Body render mode algorithm



Color and Power-Doppler Rendering

# Thanks