

# Information for patients, families and carers

## Why have I been offered an additional scan?

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue. The top band is a light blue, the middle is a medium blue, and the bottom is a dark blue.

## Why have I been referred for an additional scan?

**You have just attended the Maternity ultrasound department for a routine scan. This might have been a dating, a 'combined screening', a 20-week 'anomaly' or for a growth scan.**

The sonographer (ultrasound diagnostician) has either not been able to check all the details required or suspects there may be a problem with your baby. What is involved may not be clear at this stage and a further scan is needed. The sonographer will explain to you the reasons for their concerns and refer you to the Antenatal and Newborn Screening and / or the Fetal Medicine Team who will arrange the further scan by a fetal medicine specialist. We understand that this may be an anxious time for you therefore you will be offered the opportunity to speak with one of the team prior to this scan.

The Fetal Medicine Team is part of the specialist Complex Pregnancy Team within Lancashire Teaching Hospitals. Based at Royal Preston Hospital, it includes fetal medicine consultants, a consultant sonographer, specialist midwives and a failsafe officer.

## What will happen next?

We aim to offer you a further ultrasound scan appointment within 3 to 5 working days of your scan today (not including weekends or bank holidays) which will be performed by a fetal medicine specialist.

After the scan, we will discuss:

- the findings of the scan
- what the findings could mean for you and your baby
- any further tests that could be considered
- the options and plan for your pregnancy and birth

If appropriate, we may discuss additional tests to check that your baby has normal chromosomes. This would be by amniocentesis (needle test

of the fluid around baby). These tests can sometimes be done at the same appointment. You do not need to decide on the same day and always have the choice to go away and think about your options.

Sometimes, a referral to a tertiary Fetal Medicine Unit (St Mary's Hospital, Manchester) may be offered.

## **How long will my appointment take?**

Appointments can take around 30 minutes to 1 hour, depending on the complexity of any problems identified and if an amniocentesis is performed.

Please be aware that appointments can sometimes be delayed if the preceding cases are complicated. We would ask you to try to be on time as late arrivals can cause delay to both your own and other people's appointments. Please let us know if you are running late or are unable to attend. The contact numbers are available at the end of this leaflet.

## **Who else will be at my appointment?**

There will be a midwife with you in the scan and counselling room. We sometimes have junior doctors, student midwives and medical students. Please let us know if you would prefer that they were not present in the scan or counselling room.

## **Who can come with me?**

We would suggest you bring one adult with you. If you are having an amniocentesis, we may not be able to do this test if there is no-one to look after you when you leave our hospital. It is not advisable to bring children as the appointment can take some time and the discussion afterwards can sometimes be complicated and occasionally be upsetting or difficult.

## What do I need to do prior to my appointment?

You can eat and drink as normal. It is preferable to have a full bladder especially for early scans (less than 20 weeks). There is a water fountain and cups available in our waiting area.

### Notes:

This space has been left blank for your notes or questions.

## Contact Details:

The contact number for the Antenatal and Newborn Screening and Fetal Medicine Team is **01772 524693**. This number is for use Monday to Friday between 9am and 5pm for non-urgent queries.

Triage is available 24 hours, 7 days a week on **01772 524495** for all urgent queries.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

## Additional Support

The midwives will be able to advise you regarding which, if any, of these resources may be useful whilst you are awaiting your next appointment.

[www.arc-uk.org](http://www.arc-uk.org)

[www.shinecharity.org.uk](http://www.shinecharity.org.uk)

[www.soft.org.uk](http://www.soft.org.uk)

[www.clapa.com](http://www.clapa.com)

[www.tommys.org](http://www.tommys.org)

[www.sands.org.uk](http://www.sands.org.uk)

[www.nhs.uk/pregnancy/support](http://www.nhs.uk/pregnancy/support)

<https://tinyurl.com/5s42djn9>

<https://tinyurl.com/ye9fes5c>

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[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

**Please ask a member of staff if you would like help in understanding this information.**

**This information can be made available in large print, audio, Braille and in other languages.**

**Department:** Maternity  
**Division:** Womens and Childrens  
**Production date:** August 2024  
**Review date:** August 2027  
**JR 1170 v1**