

Harris Birthright Centre – 11 to 13 week visit

Information for patients

Congratulations on your pregnancy and thank you for choosing to come to our unit. We understand this is a special and sometimes anxious time, and we want you to feel well-informed and supported throughout your visit.

This leaflet explains what to expect during your 11 to 13 week visit. If anything is unclear, please ask a member of our team.

How long will my visit take?

Your visit usually lasts about an hour, but it may take longer depending on your baby's position and whether the blood results are on time.

The ultrasound itself takes around 30 minutes, but may be longer if your baby is not in the best position. Sometimes we may ask you to go for a short walk and return. A longer scan does not mean that anything is wrong.

We sometimes remain quiet during the scan as we need to concentrate on carefully checking your baby.

Preparing for your scan

- **Bladder:** You do not need to have a full or empty bladder, just come as you are.
- **Photos and videos:** We do not print scan pictures, but you are very welcome to take your own photos and short videos on your phone.

What happens during your visit?

Initial checks

We will begin by measuring your height, weight and blood pressure. A small blood sample will also be taken. This is used to measure two hormones from the placenta (free beta-hCG and PAPP-A), which are important for both the chromosomal screening and the pre-eclampsia screening.

We will ask about your medical history and any previous pregnancies (including miscarriages or terminations) to help interpret your results accurately.

The ultrasound scan

The scan is performed through your tummy (transabdominally). In some cases, if we cannot see the baby clearly enough, we may need to do the scan through the vagina (transvaginally).

During the scan, we will check:

- your baby's heartbeat
- the size of the baby, to help date the pregnancy
- the developing organs, to ensure they are forming as expected
- if you are expecting more than one baby, and if so, whether the babies share the same placenta

Screening for trisomies

If you choose to have this screening, we measure the nuchal translucency. Together with your blood results, this gives your baby's chance of having Down's, Edwards' or Patau's syndromes.

If there is an increased chance (more than 1 in 100), we will discuss further testing.

Screening for pre-eclampsia

We assess blood flow in the arteries supplying your womb (uterine artery Dopplers) and combine this with your medical history, blood pressure and PAPP-A results.

If there is an increased chance, we will recommend daily aspirin, which can reduce the chance of pre-eclampsia before 37 weeks by around 60%.

Your report

You will receive a detailed report, either:

- printed before you leave, or
- uploaded to your MyChart account

The report includes:

- your baby's measurements and due date
- your baby's chance of having Down's, Edwards' or Patau's syndromes
- your chance of developing pre-eclampsia

Location and contact

Harris Birthright Centre, Second Floor, Fetal Medicine Research Institute, 16-20 Windsor Walk, SE5 8BB

Administration team tel: 020 3299 3040

Support and information

- Screening tests in pregnancy: www.gov.uk/government/publications/screening-tests-for-you-and-your-baby
- Down's syndrome: www.downs-syndrome.org.uk | Helpline 0333 12 12 300
- Edwards' and Patau's syndrome: www.soft.org.uk/
- Antenatal choices and support: www.arc-uk.org

Research at our unit

Our unit is internationally recognised and has developed many of the screening tests now used worldwide. You may be invited to take part in research. This is always voluntary, and whether you join or not will not affect your care. Find out more at www.kch.nhs.uk/maternity-research

Ongoing research studies in our unit and further information:

- [Prediction of pregnancy complications](#)
- [First-trimester cfDNA testing](#)
- [Aspirin versus Placebo in Twin Pregnancies for Preeclampsia Prevention \(ASPRE-T\)](#)
- [Intelligent Fetal Imaging and Diagnosis study 3: further image data collection \(iFIND3\)](#)

MyChart

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on **020 3299 4618** or email kings.mychart@nhs.net. Visit www.kch.nhs.uk/mychart to find out more.

Sharing your information

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit www.kch.nhs.uk.

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: **020 3299 4618**

Email: kings.pals@nhs.net

If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email kings.access@nhs.net