



First Glimpse Ultrasound NI Ltd

## Frequently Asked Questions

### **How do I make an appointment for a private ultrasound scan with First Glimpse Ultrasound NI?**

You can self-refer to our service and arrange an appointment at your convenience.

Please telephone or text us on 074 9736 2532.

Alternatively, you can email us at [firstglimpseni@gmail.com](mailto:firstglimpseni@gmail.com)

### **What are the opening hours of First Glimpse Ultrasound NI?**

Please contact us via email or text to schedule an appointment.

### **What are the benefits of an ultrasound at First Glimpse Ultrasound NI?**

A private ultrasound scan can be arranged with First Glimpse Ultrasound NI at a time to suit you and can often be performed on the same day (subject to availability). This can reassure you of a rapid diagnosis especially if you are experiencing problems in early pregnancy. We can also offer services that are not available on the NHS, for example, a reassurance scan following a miscarriage.

### **How do I get the results of my private ultrasound scan from First Glimpse Ultrasound NI?**

Following your scan, the report will be written and the results will be emailed to you. Alternatively, if you prefer, you may wait, and your report will be produced following your scan for you to take with you. All information and reports are strictly confidential and will only be forwarded at your request and with your permission.

### **Will you tell me if something is wrong with my pregnancy?**

If your scan shows that the pregnancy is not developing as it should, for example, there is no heartbeat or an ectopic pregnancy is suspected, you will be informed of this.

If a problem is found, we will advise you to take your scan report to your GP who can then arrange for you to be seen at your local NHS Early Pregnancy Unit. If an ectopic pregnancy is suspected, we will advise you to attend your nearest A&E Department.

Sometimes it is not possible to tell if a pregnancy is developing as it should, and we would recommend a further scan in one week. If this is the case, you can choose whether to have a further private scan at First Glimpse Ultrasound NI or to be referred by your GP to your local NHS Early Pregnancy Clinic. Please note that NHS services have differing referral criteria and if you are not bleeding or in pain, they will be unable to offer an appointment.

### **Is ultrasound safe?**

There is no evidence that diagnostic ultrasound is unsafe or has produced any harm to patients in the four decades that it has been in use. At First Glimpse Ultrasound NI all of our staff are qualified and experienced in ultrasound scanning. However, diagnostic ultrasound can only be considered safe if used prudently.

Reference <https://www.nhs.uk/conditions/ultrasound-scan> 28 July 2021 NHS.

### **Is having an ultrasound scan in pregnancy safe?**

Developments in real-time three-dimensional ultrasonic imaging have led to parents asking for souvenir (keepsake) video recordings of the fetus, sometimes at several stages during the pregnancy. The Health Protection Agency (HPA) and British Medical Ultrasound Society (BMUS) have recommended for many years that "non-diagnostic" baby scanning should not be performed and that souvenir recordings are only reasonable as part of a diagnostic scan. This is because there have been some instances of diagnostic scans being prolonged to provide such recordings. Some services are unable to provide counselling or offer guidance if signs of a fetal abnormality are unexpectedly revealed; at First Glimpse Ultrasound NI staff are fully qualified to offer advice and support as necessary as part of the consultation.

At First Glimpse Ultrasound NI 3D / 4D scans and video recordings are available as part of the reassurance scan to help parents bond with their unborn baby. The scan includes a well-being check of fetal heartbeat and movement and if requested confirmation of gender can be performed during the scan. Scanning time is kept to a minimum to ensure there is no unnecessary ultrasound exposure and the As Low As Reasonably Achievable (ALARA) safety principle is always adhered to.

**Recommendations:** 'Ultrasound scans should not be performed solely for producing souvenir images or recordings of a fetus or embryo; however, they can be used to enable parents to bond with their baby before birth. The production of souvenir images or recordings for the parents to keep is reasonable if they are produced during a diagnostic scan, provided that this does not require the ultrasound exposure to be greater in time or magnitude than that necessary to produce the required diagnostic information. Attention is drawn to the recommendation of the European Federation of Societies for Ultrasound in Medicine and Biology Clinical Safety Statement for Diagnostic Ultrasound that ultrasound examinations should be performed only by competent personnel who are trained and updated in ultrasound safety matters.' *European Committee for Medical Ultrasound Safety October 2006, endorsed by British Medical Ultrasound Society Council: June 2008*

### **Can an increased BMI (Body Mass Index) affect the quality of an ultrasound scan?**

The amount of adipose tissue in a client's body can negatively affect the quality of an ultrasound image. When scanning a client with a high body mass index (BMI) it may be required during the scan to "press the transducer firmly against the client's abdomen to achieve the image quality required for an image". Reference: [Siemens Healthineers | Corporate Home \(siemens-healthineers.com\)](http://www.siemens-healthineers.com).

### **At what stage of my pregnancy is it best to have a 3D / 4D scan?**

The best time to obtain good images of the baby is usually between 26-32 weeks gestation, when baby is still relatively small with plenty of water around him/her.

No preparation is necessary but if your appointment is at a time when you know baby is usually quiet and sleeping, it can help to have a sugary snack or fizzy drink 30-60 minutes prior to your appointment.

### **What is the difference between 2D, 3D and 4D scans?**

- 2D baby scan uses the traditional outline of baby in black and white.
- 3D baby scan shows still pictures of baby in 3 dimensions.
- 4D baby scan shows live moving 3D images of baby.

### **I am deaf, can I bring an interpreter with me to my appointments/scan?**

Yes, there is no problem if you wish to bring an interpreter with you to your appointments/scan.

**Do I need to drink water for my scan?**

For the following scans you will need to drink 1 pint of water (0.5 litres), one hour before the appointment to ensure you have a full bladder:

- Early Reassurance Ultrasound scan
- Dating Ultrasound scan

**Do I need to fast for my scan?**

No.

**Can I take photos in the scanning room?**

No. During the ultrasound scan, there will be printed images for you. However, due to various guidelines stated by The Society of Radiographers (Recording of Images and Clinical Discussions, SOR, 2019), photographs cannot be taken during the appointment at First Glimpse Ultrasound NI.

**If I cancel my appointment, will I receive a full refund?**

- Cancellation of a confirmed appointment up to 48 hours prior to scheduled appointment will be subject to a cancellation fee of £25 being the value of the deposit paid.
- Amendments to a confirmed appointment up to 48 hours prior to the scheduled appointment will not be subject to any amendment fee for the first amendment, however, further amendments will be subject to an amendment fee of £25.
- Failed attendance or cancellation of a confirmed appointment within 48 hours of a scheduled appointment will be subject to the full outstanding balance of the chosen scan package, less the cost of any additional souvenirs added, being debited from the card from which the deposit was paid.

**What happens if I am late for my appointment?**

To ensure that all client's appointments run to schedule, anyone arriving more than 10 minutes late for their appointment may not be seen and may have to rebook another appointment. There may also be a charge as this will be classed as a missed appointment.  
(at management's discretion).

**Can you tell the gender of the baby on an 11–15-week scan?**

No. If you want to know the gender of your baby, then we suggest you consider booking an appointment for a SneakPeek. This can be done from as early as 6 weeks of a confirmed pregnancy. For more information on this, please select the SneakPeek tab on the website's main menu bar.

**Is Ultrasound 100% accurate in identifying the gender during the scan?**

No, but if the baby is in a good position, ultrasound has been shown to have an accuracy of close to 99%.

**I don't want to know the gender; can I still have a scan?**

Yes. We are experts in disguising a baby's gender and wouldn't dream of spoiling your surprise if that is your wish.

**How old do you have to be to book a scan at First Glimpse Ultrasound NI?**

At First Glimpse Ultrasound NI we cannot offer appointments to anyone under the age of 18 years old.

**Do multiple pregnancy / twin scans cost more?**

Yes. Due to the extra time required to scan and to assess multiple babies, twins or more are an extra £10 per baby.

**When is the best time to have a baby scan if I am having twins?**

Twins generally have less space around them, so we would advise having a 3D / 4D scan a little earlier, at around 24-27 weeks.

**What if you find something unexpected?**

Whilst your scan will be conducted by an experienced professional, it is important to note that we do not have your medical records or history, therefore we cannot provide medical advice or report on diagnostic matters beyond the scope of the evaluations performed during the scan.

Information derived from the examination will be supplied in the form of a pregnancy report. In the event we identify matters of concern, and it is considered a further detailed diagnostic assessment is required, a referral to your NHS GP/Midwife will be provided in accordance with our approved procedures. Referrals to NHS will only be provided when there is justified concern.

Our scans are designed to complement but not replace your NHS dating/NT (12-14 weeks) and Anomaly scans (20 weeks). Whilst each scan type has a specific purpose, gestation age criteria and defined reporting protocols, our professional staff have an ethical obligation to highlight, report and refer matters of concern which may be outside the scope/protocols of the performed scan. In some circumstances further NHS evaluation and screening may be required; the gestation age criteria for such evaluations will be determined by your NHS Antenatal provider.

**English is not my first language; can I bring an interpreter with me to my appointments/scan?**

Yes, there is no problem if you wish to bring an interpreter with you to your appointments/scan.

**Will my private health care cover the costs of appointments/scans?**

Some private healthcare insurance will reimburse the payment for a scan/s if there is a medical reason for them, such as pain or bleeding. You will have to check with your healthcare provider directly and confirm whether they will do this or not. We can issue you with an invoice if this will help you recover any costs through your health care cover.