



Women's Specialty Care, LLC

Optimizing Pregnancy Outcomes

Preparing for Your Fetal Anatomy Scan

Kailua Location

970 N. Kalaheo

Suite A-108 Kailua, HI 96734

(Parking is free around the building and underground structure)

Aiea Location

99-128 Aiea Heights Dr.

Suite 502

Aiea, HI 96701

(Parking fee is collected by the building, we are unable to validate parking)

(808) 762-1996

INSIDE YOUR FETAL ANATOMY SCAN

What Our Maternal-Fetal Medicine (MFM) Sonographers Look For

The mid-pregnancy anatomy scan—typically performed between **18 and 22 weeks**—is a comprehensive, head-to-toe look at your baby's development. While it is incredibly exciting to catch a glimpse of your little one, our medical team is diligently working through a highly detailed clinical checklist. Here is what our specialized MFM sonographers are meticulously evaluating while you watch the screen:

HEAD & BRAIN

- **Brain Structures:** We measure fluid pathways and examine critical areas like the cerebellum and choroid plexus to ensure healthy neurological development.
- **Skull & Face:** We confirm the shape of the skull and look closely at the upper lip, nose, and eye profiles to check for features like a cleft lip.

HEART & CHEST

- **Cardiac Chambers:** We evaluate the four distinct chambers of the heart, its valves, and the rhythm of the heartbeat.
- **Major Blood Vessels:** Using Doppler color mode (the swirling red and blue on screen), we verify blood is pumping correctly through main arteries and veins.
- **Lungs:** We check the chest cavity to make sure the lungs are developing normally around the heart.

SPINE & LIMBS

- **Spine Alignment:** We follow the vertebrae from the neck to the tailbone to ensure the spinal cord is fully enclosed and protected.
- **Arms & Legs:** We measure long bones (like the femur) to track growth and check positions of hands and feet.

BELLY & INTERNAL ORGANS

- **Stomach & Swallowing:** Seeing a fluid-filled stomach tells us your baby is successfully swallowing amniotic fluid.
- **Kidneys & Bladder:** We verify both kidneys are present and look for a visible bladder, confirming the urinary system is right on track.

THE LIFELINE (ENVIRONMENT)

- **The Placenta:** We chart the placenta's location to make sure it isn't sitting too close to or blocking the cervix.
- **Amniotic Fluid:** We measure fluid levels around the baby to ensure they have the perfect environment to move and grow.
- **Umbilical Cord:** We confirm the cord has three vital blood vessels (two arteries and one vein) safely delivering oxygen and nutrients.



**Ultrasound
Practice
Accreditation**

Why is the Sonographer so Quiet?

Please don't worry if your sonographer gets quiet or freezes the screen frequently. This exam requires **intense concentration and dozens of highly precise measurements**. Sometimes, if the baby is resting in an awkward position, we may have to wait, gently tap your belly, or even have you return another day just to get a clear view of a specific angle. Every image taken is reviewed by an MFM physician specialist to give you the most accurate update on your pregnancy journey.

How Distractions Affect Ultrasound Accuracy:

- Research and professional guidelines highlight that distractions in the ultrasound room—such as mobile young children, multiple observers, or electronic device interruptions—can significantly impair a sonographer's concentration.
- Young children are particularly challenging because they may be restless, require attention, or inadvertently move around, drawing focus away from the sonographer's work, even brief diversions in attention can disrupt pattern recognition and the capturing of precise images.
- By minimizing distractions, sonographers can focus entirely on identifying abnormalities, monitoring fetal well-being, and providing accurate information to the maternal-fetal medicine team. This focused environment promotes safer and more effective prenatal care, ensuring any complications are detected early and appropriate interventions are made promptly.