



Information for
patients and
carers

Uterine Artery Doppler Measurement

What is a uterine artery Doppler measurement?

Uterine arteries are the vessels that carry blood to your womb (uterus). A uterine artery Doppler measurement is used to assess the blood flow between you and your baby, and it is usually carried out as part of your ultrasound scan.

The Doppler measurement is used to assess whether blood is flowing easily (low resistance) or whether it has to work harder to flow (raised resistance).

When will this measurement be done?

This will be offered to you at the time of your anomaly scan at 20 weeks.

What do the results mean?

A low resistance results indicates that there is a good amount of blood reaching your baby and helping you baby continue to grow. We also know that a low resistance flow means you are less likely to develop pre-eclampsia during your pregnancy.

Sometimes the measurement will show a raised resistance. A raised resistance may suggest that your baby is more likely not to grow as well as expected, and that you are more likely to develop pre-eclampsia during your pregnancy. It is important to understand that this does not mean your baby will be small or you will develop pre-eclampsia only that it is more likely to happen.

If we see raised resistance we will offer you additional monitoring with more frequent ultrasound scans. These will be arranged for you by the ultrasound team before you leave the department. In addition, because of the increased risk of you developing pre-eclampsia, it is important that you to attend all your antenatal appointments with your midwife so that any symptoms of pre-eclampsia can be picked up promptly.

Having regular assessment of your blood pressure and urine during your pregnancy will also ensure that we can identify any problems as early as possible. We recommend that in your first pregnancy you see your midwife at 25, 28, 31, 34, 36, 38, 40 and 41 weeks. If this is a subsequent pregnancy we recommend that you see the midwife at 28, 34, 36, 38, and 41 weeks. However this may need adjustment should any concerns be identified during your planned appointments and this will be discussed with you.

Is there anything else I need to do?

It is important that you are aware of the symptoms of pre-eclampsia and that if you develop any symptoms that you contact our Maternity Assessment Suite (Triage) for advice and assessment. Detailed in the table are some of the symptoms that should alert you.

Severe headache that doesn't go away with simple painkillers

Problems with vision, such as blurring or flashing before the eyes

Severe pain just below the ribs

Nausea or vomiting

Heartburn that doesn't go away with antacids

Rapidly increasing swelling of the face, hands or feet (for example if your watch or rings suddenly don't fit.)

Feeling very unwell

Another way to help would be to keep a close observation of your baby movements and know what is right for your baby. Feeling your baby move is a sign they are well.

If your baby moves less or if you notice a change this can sometimes be an important warning sign that a baby is unwell. If you are concerned we would recommend that you contact the Maternity Assessment Suite (Triage) for advice and assessment. We are able to see you 24 hours a day so don't wait if you are concerned.

Further questions

Should you have any further questions please feel free to discuss with your midwife or obstetrician.

Contact details

If you need any help/advice or have any questions please do not hesitate to contact the Antenatal Clinic on:

Monday to Friday 9am-5pm

Maternity Assessment Suite 24 hours – 01772 524495

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપાકરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi."

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

نو سري زبانون او ر بڙي اگر آپ کو هي معلومات سمجھنے کے لیے مدد يک ضرورت ہے تو يیچھيا جس يہ ابی دست ہو ي سکت ہے براے مہر يان پوے يچھي. معلومات

Arabic:

مطبوعه بأحرف كبيرة و بلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يرجى أن تطلب أخرى يمكن توفير هذه المعلومات

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Division: Women and Children

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