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Information for patients and carers

Ultrasound 20 Week Scan

What is a 20-week screening scan?

A 20 week screening scan looks for 11 different conditions in your baby, but it cannot find everything that may be wrong. The scan will look in detail at your baby's bones, heart, brain, spine, face, kidneys and abdomen.

In most cases, the scan will show that your baby appears to be developing as expected but sometimes a condition may be found, or suspected. Some things can be seen more clearly than others. For example, some babies may have a condition called Open Spina Bifida, which affects the spinal cord.

Spina bifida can usually be seen clearly on a scan and of those babies who have this condition, around 9 out of 10 (90%) will be detected. Some other conditions, such as heart defects, are more difficult to see. The scan will find about half (50%) of those babies who have heart defects.

Some of the conditions that can be seen on the scan will mean the baby may need treatment or surgery after it is born, for example cleft lip.

In a small number of cases some very serious conditions are found. For example, the baby's brain, kidneys, internal organs or bones may not have developed properly.

More information is available about this scan in the 'Screening Tests For You and Your Baby' leaflet. This can be accessed on the Badgernet app or by accessing this webpage: https://www.gov.uk/government/publications/screening-tests-for-you-and-your-baby-stfyayb/11-physical-conditions-20-week-scan

We encourage you to read this before you attend for the scan.

Preparation for the scan

Please attend this examination with a full bladder i.e. one pint of clear liquid one hour prior to the scan. This raises your baby from a position behind your pelvic bones. An empty bladder may result in unnecessary waiting time of up to one hour.

What happens when you arrive?

Please check in at the ultrasound reception desk in the Sharoe Green Unit and take a seat in reception.
Your scan will be performed by an experienced, qualified sonographer, or a sonographer under supervision whilst training. If you find the presence of a student at your scan to be a problem, please inform a member of staff.

Can you bring a relative or friend with you?

Due to lack of space and to respect your privacy, we can only permit one adult to attend the ultrasound examination. The sonographer needs to concentrate on the screen and will demonstrate the scan at the end of the examination and answer any queries you or your partner may have at this time.

We ask that children do not attend with you for the appointment. If it is essential that you bring small children due to childcare issues, we will ask that they wait in the waiting area with the accompanying adult until the scan is complete. They will then be invited into the scan room at the end of the examination.

What happens during the procedure?

The scan will be performed in an ultrasound room. You will be asked to lie on a couch and gel will be applied to your abdomen. An ultrasound probe will be used to get the images of the baby.
Your baby is fully formed at this stage and moves freely in the fluid that surrounds it. The scan will:

- Check the baby's anatomy and general well-being

- Check the position of the afterbirth, this sometimes needs a follow up scan later in your pregnancy

The scan will take approximately 30 minutes, although this may vary depending on the position of your baby.
If the position of your baby causes difficulties in assessing the anatomy, a further appointment will be made for you to re-attend the department.

Can I have a scan image of my baby?

Ultrasound images of your baby are available at a cost of £5 each; payment is by the correct cash or card via a ticket machine. Please do not purchase your tickets until after your scan as images are not always possible and refunds cannot be given. Please let the sonographer know how many images you would like during your scan as images cannot be printed once the scan is complete. If you choose to have an image printed, please note that:

- Images are not likely to last for longer than 5 years
- Obtaining an image can be time consuming and often difficult due to the baby's position and therefore parents may find it difficult to interpret the image
- The image will be destroyed if covered by a clear laminate
- The images are for personal use only and not for diagnostic purposes

PLEASE NOTE: We do not allow patients or visitors to video or photograph during the Ultrasound scans. All mobile devices must be switched off whilst in the scan room.

After the procedure

In most cases you will be able to go straight home after the scan. The sonographer will refer you to a midwife if additional input is required.

Are there any side effects?

There are not usually any side effects experienced following a scan.

Are there any risks?

There are no known risks in the limited use of ultrasound scans in pregnancy.

Your results

Once the scan is completed the sonographer will share the results with you.

Contact details

Should you require further advice or information please contact the Ultrasound Department:
Preston: **01772 524616** or **01772 524416**

Sources of further information

www.lancsteachinghospitals.nhs.uk
www.nhs.uk
www.patient.co.uk
www.accessable.co.uk
www.gov.uk/government/publications/screening-tests-for-you-and-your-baby/11-physical-conditions-20-week-scan

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

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.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or to join our reading group please contact us on email address: patientexperienceandinvolvem@LTHTR.nhs.uk

Department: Radiology/Ultrasound
Division: Diagnostics and Clinical Support
Production date: September 2026
Review date: September 2029
JR 1524 v1