

- 1122 Scenic Drive South
 - U3T MRI at U of L
 - 65 Columbia Blvd West
- radiologyassociatesinc.com

PATIENT

APPOINTMENT DATE / TIME:

BRING VALID HEALTH CARE CARD & THIS FORM. If you are unable to attend your appointment, please call to cancel or reschedule at least 2 hours prior to your appointment. **NO SHOWS MAY BE CHARGED. CHILDREN ARE NOT ALLOWED IN EXAM ROOMS. CHILD CARE IS NOT PROVIDED**

NAME: _____
(LAST) (FIRST) (MIDDLE)
 ADDRESS: _____ CITY: _____
 POSTAL CODE: _____ PROVINCE: _____
 PHONE #: _____
HOME WORK / CELL

AHC#: _____ WCB#: _____
 OUT OF PROVINCE#: _____
 AGE: _____ DOB: _____ (MM / DD / YEAR) LMP: _____ (MM / DD / YEAR)
 MALE FEMALE PREGNANT: YES NO

REFERRAL

ORDERING PHYSICIAN: _____
 ORDERING PRAC ID: _____
 CLINIC NAME: _____
 PHONE #: _____ FAX #: _____

SEND COPY TO: _____
 CLINIC NAME: _____
 PHONE #: _____
 FAX REPORTS TO #: _____

HISTORY & PROVISIONAL DIAGNOSIS:

- Wheelchair, walker, limited mobility, etc. (allow more time)
- Relevant prior imaging: _____
(LOCATION AND DATE OF EXAM)

_____ M.D.

EXAM

OBSTETRIC ULTRASOUND (PREPARATION REQUIRED)

- First trimester dating ultrasound

AND

Second trimester detailed ultrasound (18-22 weeks)

May include follow-up for structures not well seen

- Nuchal Translucency (11-12 weeks)

Optional examination. Consider for women >35 years old.

Please see detailed discussion on the right

- Third trimester ultrasound Including a biophysical profile (BPP)

- One time ASAP or _____ Week:
- Weekly
- Biweekly

Patients with a BPP of 6/8 or less will be sent to Labor and Delivery at their birthing hospital within one hour of the exam for a nonstress test (NST)

Additional History:

PATIENT INSTRUCTIONS

90 minutes prior to your appointment, empty your bladder. After urinating, then drink water over the next 15 minutes, as specified below. The amount of water you need to drink depends on how far along you are in your pregnancy:

- Up to 25 weeks - Three 8oz glasses of water (24 oz or 750 mL total)
- Over 25 weeks - One 8oz glass of water. (250 mL total)

DO NOT VOID WITHIN 1 HOUR OF YOUR APPOINTMENT. DO SUBSTITUTE WITH ANY OTHER LIQUID. A full bladder is necessary to perform the exam. If the bladder is not full, the examination will be rescheduled

DO NOT BRING CHILDREN TO YOUR APPOINTMENT, unless accompanied by an adult (other than the patient). If your partner accompanies you to the appointment and brings children, they will be asked to remain in the waiting area until the exam is complete. After the exam, they can be brought in to view the ultrasound. If you are accompanied by your partner, without any children, they are welcome in the room throughout your exam.

NUCHAL TRANSLUCENCY

Nuchal translucency (NT) is a measurement, made during an ultrasound examination, which quantifies the amount of fluid in the back of the fetal neck. NT measurement has limited utility on its own and is usually combined with maternal bloodwork markers (eg. PAPP-A and Beta-HCG) to more accurately identify chromosomal abnormalities.

There are a number of factors to consider before ordering a local NT ultrasound:

- Patients should be counseled that their participation in such genetic testing is entirely OPTIONAL and should understand the implications of an abnormal result.
- Patients must be made aware that if a potentially abnormal NT result is found, they will need to have the NT re-measured within 1 week at Maternal Fetal Medicine and bloodwork drawn to perform the more accurate, combined test.

Please note, due to provincial AHS restrictions and the geographical limitations of the Southern Alberta, it is currently NOT possible for patients to have their NT and bloodwork evaluated locally and to complete the combined screen. Our ultrasound clinics are simply offering this local stand-alone NT exam as a convenience for patients who cannot or do not wish to travel.

Abnormal results may be used by referrers to identify which patients would benefit from urgent referral to Calgary for the combined screen and genetic counseling. NT alone does not replace the combined screen and has a relatively higher rate of false negatives.

In order to ensure that patients with abnormal NT have the opportunity to be reevaluated in Calgary within the narrow time window that the combined screen must be performed within, (11 week to 13 week 6 days) we will be restricting our local NT scans to pregnancies between 11 week 0 days and 12 weeks 5 days. Patients should also be counseled with regard to the limitations of NT. Screening by NT can detect about 80% of fetuses with trisomy 21 and other major aneuploidies for a false positive rate of 5%. The combination of NT and maternal serum free β -hCG and PAPP-A improves the detection to 90%. False positive and false negative results are possible. First trimester screening does not tell you the chance of the fetus having an open neural tube defect.

If patients are referred on to Calgary for NT re-measurement, you must ensure that they have the relevant maternal blood work performed within 24 hours of this second NT appointment, so that a valid combined screen can be made.