

INFORMATION FOR PATIENTS

Uterine artery Doppler ultrasound

Where is a uterine artery?

Uterine arteries are the vessels that carry blood to your womb (uterus). Every woman has two uterine arteries, one on each side of the womb (left and right). If there is a good blood flow in these arteries, the placenta develops normally, helping the baby to grow in a healthy way inside the womb.

What is a uterine artery Doppler ultrasound measurement?

A Doppler ultrasound measurement is used to check the blood flow in the uterine arteries. It can be carried out by a simple ultrasound scan.

The Doppler measurement uses sound waves to check if the blood is flowing easily (low resistance) or whether it is having to work harder to flow (raised resistance).

What do the results mean?

A low resistance flow means that a good/steady amount of blood is reaching your baby, helping it to continue to grow well. It also reduces the chances of you developing pre-eclampsia (a blood pressure condition).

Sometimes the measurement will show a raised resistance. This suggests that there is more chance of your baby not growing as well as expected, or of you developing pre-eclampsia. **It is important to understand that this does not mean that this will happen, only that it is more likely.**

What will be done if the Doppler measurement show high resistance?

If your measurement shows a raised resistance we will offer you additional monitoring, scans and hospital or midwife appointments during your pregnancy. This means that if problems do arise they can be picked up as early as possible.

Is there anything I can do to help my baby to grow well?

If you smoke, it is extremely important that you stop. Smoking can seriously affect the function of the placenta and the baby's growth. Please ask your midwife to refer you to a smoking cessation service, or you can contact them directly on 01623 622515, extension 4701/4702.

Monitoring your baby's movements is a good way for you to check your baby's wellbeing.

Who can I speak with if I need further information?

Receiving the news of having an extra test may cause anxiety but please be assured that the majority of babies will have normal growth.

If you need any advice before your appointment date, please contact the Radiology department on 01623 672202 between 9am and 5pm.

Important

Please leave any valuables at home. You are responsible for all personal items you bring into hospital and the Trust cannot accept responsibility for their loss or damage.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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