

Nuchal Translucency Scan: What You Need to Know



Highlights

A nuchal translucency scan measures a fluid-filled space behind your baby's neck.

This measurement can help estimate the chances of your baby being born with a genetic condition such as Down syndrome.

Having a nuchal translucency scan is optional.

This scan is done towards the end of the first trimester of pregnancy.

In This Article

Nuchal Translucency Scan Overview

Reasons for Having a Nuchal Translucency Scan

The Optional Nature of a Nuchal Translucency Scan

Timing of a Nuchal Translucency Scan

Sonographer's Role in a Nuchal Translucency Scan

Nuchal Translucency Scan Procedure

Preparation for a Nuchal Translucency Scan

Safety of a Nuchal Translucency Scan

Results of a Nuchal Translucency Scan

Costs of a Nuchal Translucency Scan

Partner's Presence During the Scan
Alternatives to a Nuchal Translucency Scan
Key Questions for Your Doctor
Tools and Assistance

Nuchal Translucency Scan Overview

Perform a dating scan
Find out if you are pregnant with twins
Measure other physical structures of your unborn baby

Reasons for Having a Nuchal Translucency Scan

The Optional Nature of a Nuchal Translucency Scan

Timing of a Nuchal Translucency Scan

Sonographer's Role in a Nuchal Translucency Scan

Nuchal Translucency Scan Procedure

How far along your pregnancy is
The position of your baby
Your body shape

Tummy Ultrasound

Vaginal Ultrasound

Preparation for a Nuchal Translucency Scan

Safety of a Nuchal Translucency Scan

Results of a Nuchal Translucency Scan

Costs of a Nuchal Translucency Scan

Partner's Presence During the Scan

Alternatives to a Nuchal Translucency Scan

Key Questions for Your Doctor

Do I need to do anything to care for myself after the procedure?

Why are you offering me this test?

What does the procedure involve, and do I need to do anything on the day?

When will I get the results?

Who will give me my results?

Tools and Assistance

Your Doctor, Obstetrician, or Midwife: These healthcare professionals can provide detailed information about the nuchal translucency scan and help you decide if it's the right test for your pregnancy. They can also guide you through the process and answer any questions you may have.

Genetic Counselor: A genetic counselor can provide valuable insight into the results of your nuchal translucency scan, explaining what the results mean and discussing the possible next steps, such as additional tests or support services. They can also assist with understanding the risks associated with genetic conditions and help you make informed decisions.

Ultrasound Clinics: These specialized facilities have trained sonographers who perform nuchal translucency scans. They ensure the scan is done properly and provide initial information about the procedure. They can also inform you about the cost and timing of receiving results.

Prenatal Screening Tests: In addition to nuchal translucency scans, there are other screening tests available, such as Non-Invasive Prenatal Testing (NIPT), which can offer more detailed information on chromosomal abnormalities with higher accuracy. Your healthcare provider can explain the available options based on your individual needs and risk factors.

Support Groups and Online Communities: Connecting with others who have gone through similar prenatal testing experiences can be helpful. There are various online forums and local support groups for expectant parents who want to share experiences and find advice or emotional support related to genetic testing and prenatal scans.