

Full Face Photo Packages - Recommended 32 – 34 weeks

The best time to do 3D/4D/HD Live is going to be approx. 32 – 34 weeks for most all moms however, many varying factors will contribute to obtaining optimal images.

- \$99 Package 20 - Minutes
- \$129 Package 30 - Minutes
- \$175 Premium Package 40 – Minutes Heartbeat Animal included

Preparation tips should be started at (least) 7 to 10 days before your appointment date. Hydration is the biggest factor in trying to obtain clear images of baby. If a mom is dehydrated her amniotic fluid tends to be lower than average/normal AFI score of (14) between 22 - 35 weeks and does not allow enough fluid around babies face to obtain optimal images. Without an average to above average fluid level, it is "impossible" to obtain optimal images of baby as your baby has little room to move around. (This info is readily available online for you to research for yourself)

We are not a medical facility we cannot tell you how much water to consume for you and/or your baby. However, we do say that you do not want to be drinking less than what your own body alone needs on a daily basis to stay hydrated prior to pregnancy and this is at least approx. (5+) - 16 oz. water bottles ea. day approx. 64+ oz. per day for average human consumption. Your consumption or lack of water consumption daily plays a vital role in the level of amniotic fluid baby lives in. Concentrate (daily) on your water intake approx. 10 days prior to your appointment date. As always with everything in pregnancy, consult your OBGYN with any/all questions you may have concerning you & your baby as some mothers may have different orders from their doctor.

Try eating lite fresh foods the day before appointment and no heavy meal prior to appointment, having an empty bowel/bladder can also give baby more room and a clearer view of baby with less shadowing. You may try and use our exercise ball, this can help to bounce on if baby is not in a good position to obtain photos. Inner Reflections is known for High Quality Definition. This can only be obtained if all variables are in place i.e., clear amniotic fluid, (AFI level high normal 14 - 18), no placenta/hands/feet/cord in front of face. All ultrasound sessions with you & your baby will be a 50/50 chance. You may obtain multiple clear high-quality images, or you may not be able to see your babies face at all. We will offer you a choice - if you do not obtain your desired results/clarity due to low fluid around babies face or your baby is in a poor position, we will try for 15 min. (half of your session time) after that you will have the option to pay a \$35.00 office fee and return on another day to try your package option again or you may choose to continue your session in full. It is quite common to return between 2-3 times depending on your body habitus, your AFI level, your babies position & other variables to try and obtain Clear Optimal High-Quality Definition Face Photos.

GUEST POLICY

COVID-19 Restrictions: You may bring a maximum of (2) (Adult Guest) with you to your appointment (children are not permitted at this time). We require that you and your guests wear mask at all times while inside our office. We disinfect our scan room with Medical Grade disinfectant that kills Corona Viruses, Pathogens & Bacteria after each appointment. In addition to our main waiting area we have remodeled another room in our office to serve as an additional waiting area to promote responsible social distancing.