



**“You do not need a full bladder for your Elective 3D/4D Ultrasound”**

**“This form is intended for informational purposes only, it does not instruct or advise mom’s in any way, as only your medical doctor overseeing your pregnancy can advise you on what to do in regards to your body and baby during your pregnancy.”**

**“This sheet will give information on how 3D/4D Ultrasound images are obtained in order to help mom better understand what to expect from their visit with us and how many different factors will contribute in obtaining Elective 3D images of your baby. The below examples are just a few we most often encounter.”**

- Please arrive about 15 minutes early to fill out your paperwork prior to your appointment time or you can print paperwork online from our website and bring it with you to your appointment. There are a couple of things moms can try to do in order to help with more optimal scan results starting prior to their visit with us. First is Hydration! Hydration! Hydration! This is very important in regards to the quality of images you will receive. Starting approx. (7) days prior to your scan date you will want to be aware of getting at least the standard recommended daily human consumption of water intake; which is 64 fluid ounces each day for all individuals. This is the minimum daily amount we should all be drinking to keep our bodies hydrated. This is about (4) regular sized water bottles each day, starting (7) days before your scan date. This can help ensure fluid clarity for optimal penetration of the 3D/4D sound waves. If fluid is thick or cloudy instead of thin & clear, images can be more blurry because the 3D/4D sound waves will create an image of whatever is inside mommy’s tummy and can put a blurry, grainy, haze over babies face as it creates an image of any cloudy fluid in front of babies face. This can happen when the amniotic fluid is not able to replenish regularly due to lack of sufficient daily water intake. We live in a dehydrated nation with a lot of soda and juice but our bodies need a regular daily water intake in order to stay hydrated as individuals as well as to replenish amniotic fluid if we are pregnant. Water intake cannot guarantee great images however we encourage you to research online about the effects of water intake & 3D/4D images & also fluid clarity & 3D/4D images there is some great educational information online as well as sample Google 3D images of clear fluid vs. cloudy.
- The placenta sometimes can pose as an obstacle in creating an image of baby, as a good pocket of fluid is needed between babies face and the placenta in order to obtain the clear image. 3D/4D sound waves do not differentiate between tissues when touching each other. They will blend all together creating a fuzzy blur, for instance if placenta is sitting on top of babies face with very little fluid in between this will pose a difficulty in getting an image. Baby can also at times be facing the uterine wall or turned around facing your spine instead of facing out toward your tummy. In these instances a little bit of orange juice 15 minutes or



*Inner Reflections*  
*3D/4D Ultrasound Studio*

so before your scan can sometimes help get baby moving around a bit too hopefully get them turning into a better position to view babies face. Our techs are well trained and will have you turn from side to side to see if repositioning mom may help us get a better view of baby.

- As with "everything" during your pregnancy you should always only follow your doctor's orders. If for any reason you have been advised to limit normal water intake or not drink orange juice or you have any questions or concerns; you should only follow your doctor's orders & speak with your obgyn for advice. The above information is for Elective 3D/4D informational purposes only to help moms better understand how elective 3D/4D imaging is likely to be obtained. Every mom and baby will have varying 3D/4D results, as every mom & baby are different. Our technicians are trained and have years of experience, they will work diligently to achieve the best possible results your body and baby will allow us. Thank you for choosing us for your Elective 3D/4D Ultrasound we take pride in our work and always try to make your visit with us the best experience possible for each of our mommies and their families!

***We hope you have found this information informative, we try to educate about the process in working with 3D/4D technology to help give our clients a better understanding.***