

## Four Dimensional (4D) Prenatal Ultrasound

4D ultrasound creates 3-Dimensional (3D) images that are displayed like a movie on a TV screen. With 4D ultrasound, we provide you real-time imaging showing your unborn baby's movement and surface anatomy. The 3D images clearly show anatomic detail.

The optimal time for acquiring 3D images of your baby is between 20 and 28 weeks of pregnancy. However, your physician will determine the need for and timing of your ultrasound examination.



Whenever possible, we provide each patient with 3D images on paper (*free of charge*). For an additional charge of \$35, we will prepare a CD of the images of your baby. Please allow 48 hours for its completion.

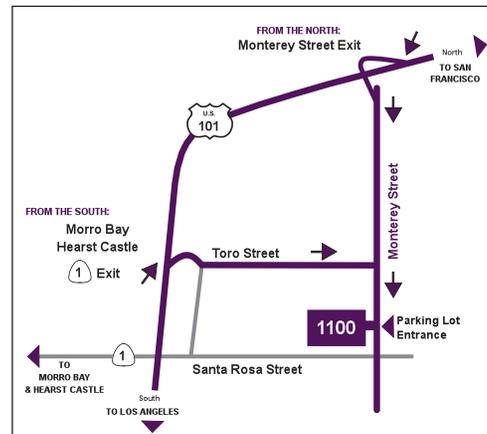
Our 4D ultrasound is available at the same cost and insurance coverage as a conventional 2D ultrasound.

*Please be aware that there are facilities that provide ultrasound images and videos solely for entertainment purposes, which contradicts the guidelines of the American Institute of Ultrasound in Medicine.*

## Insurance

San Luis Diagnostic Center contracts with most major insurance companies and bills patients' insurance companies for them. Prior to an examination, we contact all patients for details regarding their insurance coverage. We ask patients to sign an assignment of benefits form so that payment comes directly to our center. Any amounts not covered by insurances, such as deductibles or co-insurance amounts, we collect at the time of service. For our patients' convenience, we accept personal checks and credit cards.

Specific insurance inquiries are handled by our business office at 805-542-9700.



**FROM THE NORTH:** Hwy 101 South to Monterey St. exit. Turn left, over the freeway. Stay on Monterey Street 4 blocks. Driveway is on right before Santa Rosa Street. Park at street level, below the building.

**FROM THE SOUTH:** Hwy 101 North to Morro Bay/Hearst Castle Hwy 1 exit. Veer left on Toro, straight 5 blocks to Monterey St. Turn right on Monterey. Driveway is on right before Santa Rosa Street. Park at street level, below the building.

**San Luis  
Diagnostic Center**



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# 4D Prenatal Ultrasound



## An Expectant Mother's Guide

**San Luis  
Diagnostic Center**



## What is an ultrasound?

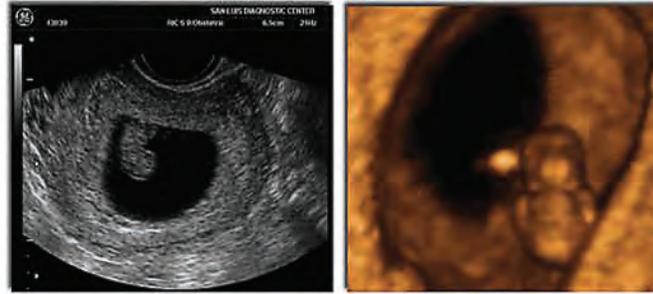
Ultrasound, or sonography, obtains images from inside your body through the use of high-frequency sound waves. The computer records echoes of the sound waves and displays the echoes as real-time visual images. There is no radiation involved in ultrasound imaging.

During pregnancy, pelvic ultrasound is used to examine the uterus and ovaries, as well as to monitor the health and development of your baby.



Our radiologists review your ultrasound and we send a report to your physician the next day. For the clinical results regarding your and your baby's health, contact your physician.

## WHAT WE LOOK FOR...



(AT 8 WEEKS)

### *In the first trimester*

We usually perform the ultrasound vaginally. We use the ultrasound to verify a heartbeat, confirm your due date, and check for twins or triplets.



(AT 18 WEEKS)

### *In the second trimester*

We perform the ultrasound abdominally. We take a complete look at your baby's anatomy and take measurements to verify growth. We also look for any signs of developmental problems.



(AT 26 WEEKS)

### *In the third trimester*

We use the ultrasound to analyze your baby's growth, movement, and to ensure your and your baby's well-being.

There are many reasons to have a 4D ultrasound during your pregnancy. *Your physician will determine the date that is best for you.*

## *Patient Preparation*

Bring your physician's order to your appointment. *You should wear comfortable, loose-fitting clothing for your exam.*

**Patients less than 12 weeks pregnant:** No preparation is necessary.

**Patients 12 weeks to 32 weeks pregnant:** Your bladder must be full, and you will have the urge to urinate. *If your bladder is not full enough, your exam may be delayed or rescheduled.* Empty your bladder one (1) hour before the exam, then slowly drink four (4) 8-oz. glasses of water over the hour before the exam. Do not urinate until after your exam. The more slowly your bladder fills, the less uncomfortable it will be.

**Patients at least 32 weeks pregnant:** No preparation is necessary.