

OB Nuchal Translucency (NT Study)

What a Nuchal Translucency Study (NT)?

A nuchal translucency study is performed when your pregnancy is between 10 weeks to 13 weeks, 6 days. The NT is a prenatal ultrasound screening test to help identify chances of chromosomal conditions such as Down syndrome in a fetus and other possible problems. The nuchal translucency is a measurement of thickness of the skin at the back of the fetus' neck. The scan will also confirm the fetal heartbeat and the current gestational age.



How does the ultrasound work?

Ultrasound sends sound waves into the body using a transducer, a hand-held device that sends and receives sound waves. For the exam, the sonographer will apply warm gel to your lower abdomen and place the transducer against your skin to take pictures. When the sound waves reflect back to the transducer from inside the body, an image is created on the screen. Ultrasound does NOT use radiation.

How should I prepare?

- You will need to have a full bladder at the time of the exam (typically 3 8-ounce glasses of water)
- Wear loose-fitting clothing that is easy to take remove if necessary
- We do not allow videotaping or pictures during the exam, but you will receive images of your baby after the exam.

How long will it take?

60 minutes

Why would my doctor order this?

- This is often ordered routinely as part of the early obstetric prenatal screening
- A confirmation of the fetal heartbeat and gestational age can also be evaluated with this ultrasound
- Other

What will happen during the exam?

You will lie on your back while the sonographer applies the warm gel to your lower abdomen. The sonographer will move the transducer around to get the pictures needed for the screening test and for you to see your baby. In some cases to get a better look at the baby, a transvaginal ultrasound may be performed. This is an exam where a transducer is inserted into your vagina. This causes no harm or risk to you or your baby, but allows us to see your baby more clearly.

At the end of the exam, you may need to get a blood test to correlate with the ultrasound results. If you need the blood test and don't already have your lab order, the sonographer will provide one and direct you to the lab.

How will I get the results?

After all the images are obtained, they are reviewed by a radiologist specializing in ultrasound. They will send the results to your doctor who ordered the exam.

