Pregnancy Ultrasound Scans at The Medical Chambers Kensington

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Not all ultrasound scans are equal.
We tell you why and how you can experience the difference.

Experience the difference

Our pregnancy scan service is jointly run by Dr David Nyberg, an internationally renowned expert in ultrasound, and Ciara McKenna, an advanced practitioner in ultrasound. They have extensive experience in prenatal evaluation of both normal pregnancies and fetal abnormalities, which means they are best suited to reassure you that your pregnancy is developing normally. There is simply no greater expertise anywhere in the UK.

We offer an unrivalled level of service. We never rush your scan and make sure that your examination is thorough and accurate. We use the latest technology for all scans, including the clearest 3D and 4D images available.

Our service is personal and discreet. Our environment reassuring. Our hospitality exceptional.

A few facts

- The vast majority of babies are born healthy.
- All pregnancies have a small chance (around 3%) of physical or mental birth defects regardless of family history, previous birth history, maternal age or lifestyle.
- The most common cause of mental disability and the most frequent chromosome abnormality seen at birth is Trisomy 21, also called Down syndrome. Trisomy 18 is the second most common severe chromosome abnormality, also called Edward's syndrome.
- Prenatal testing for Down syndrome and Edward's syndrome is available and has become much more accurate in recent years.

Dr David Nyberg is an internationally renowned expert in ultrasound and leads our ultrasound diagnostic services. David specialises in obstetric and gynaecologic ultrasound – in particular, using prenatal scans to diagnose birth defects – but he most enjoys normal pregnancies and reassuring parents.

Ms Ciara McKenna is an Advanced Practitioner in Obstetric and Gynaecologic Ultrasound. She specialises in obstetric and gynaecologic ultrasound and is particularly interested in early pregnancy and pregnancy complications and congenital heart defects.

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What happens during your ultrasound scan

We want you to feel as comfortable as possible during your scan, so we never rush you. Most scans take around 30 minutes, but we suggest you allow one hour so we can discuss the results with you and prepare your report.

You'll probably feel most comfortable wearing loose-fitting clothes, but we also have gowns you can change into.

Your results

We will explain the results to you immediately and will answer any questions you may have. You will get black and white prints of some images and we'll email you a link where you can view and download a selection of images from your scan at no extra cost.

We'll then send a full report to your doctor within 24 hours. In urgent cases, we will telephone your doctor to give them the results immediately. You will receive a copy of your report shortly after your appointment.

5-11 week early pregnancy scan

Your earliest scan can be done when you're 5-11 weeks pregnant. This is usually known as the early pregnancy scan, but it's also referred to as the dating or viability scan because it's the most accurate way to date your pregnancy, estimate when your baby is due and confirm that your pregnancy is developing normally.

The NHS does not routinely offer this scan, but many women choose to have it because it confirms that you're pregnant and helps accurately date your pregnancy. It's also used to check that your pregnancy is viable and is reassuring for women with a history of ectopic pregnancy.

We use the early pregnancy scan to:

- confirm that you're pregnant
- check that your pregnancy is developing normally
- check for ectopic pregnancy or other complications
- date your pregnancy
- identify multiple pregnancies (twins or more)

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12-week nuchal translucency pregnancy scan and blood test

A 12-week scan is recommended for all pregnancies. This scan allows us to assess your baby's risk of having a genetic or chromosome disorder, such as Down syndrome and can also identify other major types of birth defects.

The majority of pregnancies are healthy, but all women have a small risk of delivering a baby with a physical disability. The main purpose of the 12-week scan and blood test is to reassure you and to help you decide what to do if your test indicates that you are at risk.

There are two parts:

- an ultrasound scan, and
- a blood test using a sample of the mother's blood

We use the 12-week pregnancy scan to:

- take a good first look at your baby to check if development is normal and identify early signs of any abnormalities
- take a measurement of the nuchal translucency at the back of your baby's neck to assess risk of Down syndrome
- take a blood sample from you
- check that your pregnancy is healthy (viable)
- identify your baby's sex, when possible. We will of course only tell you if you want to know
- obtain 3D/4D images at no extra cost

The best time for your scan is 12-13 weeks, but it can be performed any time between 11 weeks and 13 weeks 6 days. You can calculate your dates from the first day of your last period. It's best not to wait too long, because we won't be able to perform the test if your baby exceeds a certain size.

You can have the blood test any time after 10 weeks, but most women prefer to have it at the same time as their 12-week scan.

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What to expect

We'll ask you to complete a questionnaire, which will help us determine the risk for conditions such as Down syndrome. We will also review your test options with you.

The ultrasound scan

During the ultrasound scan we measure the fluid beneath the skin at the back of your baby's neck – known as the nuchal translucency. Equally important, we take a good first look at your baby from head to toe to make sure all is developing normally.

The blood test

The blood sample is taken from the mother, so is non-invasive and does not harm your baby. The most common blood test is called the PAPPA test and it measures the levels of two hormones (PAPPA and HCG) in your blood, which can help identify babies with Down syndrome as well as other major chromosome abnormalities.

An alternative blood test, which is more accurate but more expensive, is the Harmony™ DNA blood test. We tell you more about this test later.

Although the blood test is optional we highly recommend either the PAPPA blood test or the Harmony™ DNA blood test.

The results

The measurements from your ultrasound scan are combined with your PAPPA blood test results to calculate your overall risk level. Combined with ultrasound, the PAPPA blood test can detect approximately 85% of cases of Down syndrome and other major chromosome abnormalities. The Harmony™ test can detect more than 99% of cases of Down syndrome and other chromosome abnormalities.

Your choices after this scan

Knowing that you're at risk can help you decide whether you should consider having more accurate testing such as the non-invasive Harmony™ DNA blood test, or an invasive test such as chorionic villus sampling (CVS) or amniocentesis. These invasive tests can provide even more information but carry a small risk of losing the pregnancy.

Some more facts on Down syndrome

Down syndrome is a genetic chromosome problem. It's associated with learning disabilities, distinctive features, and an increased risk of medical conditions such as congenital heart defects, vision or growth problems. There is no cure and it will affect the person throughout their life. Down syndrome occurs when the person has an extra copy of chromosome 21, known as trisomy 21. Trisomy means there are three copies of a chromosome, normally there are two copies of each chromosome. This extra copy of chromosome 21 means that there is extra genetic material in the body. This causes the typical features of Down syndrome.

What is the chance of having a baby with Down syndrome?

Women of all ages have a chance of having a baby with Down syndrome, but risk increases with age.

Down Syndrome age risk chart

Age	Chance of Down Syndrome	
	At 12 weeks	At birth
20	1 in 1070	1 in 1530
25	1 in 950	1 in 1350
30	1 in 630	1 in 900
32	1 in 460	1 in 660
34	1 in 310	1 in 450
35	1 in 250	1 in 360
36	1 in 200	1 in 280
38	1 in 120	1 in 170
40	1 in 70	1 in 100
42	1 in 40	1 in 55
44	1 in 20	1 in 30

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20-week anatomy and anomaly pregnancy scan

A 20-week scan is recommended for all pregnancies. It's an important part of your prenatal care, as it allows us to confirm your baby is developing normally. And it's the first scan where we can see your baby's anatomy in detail, including internal organs.

The anatomy scan is also used to look for abnormalities and so may also be referred to as the anomaly scan. Dr. Nyberg and Ciara McKenna have extensive experience in identifying fetal anomalies and so are best qualified to confirm your baby is developing normally.

We use the 20-week pregnancy scan to:

- check your baby's anatomy
- measure your baby's growth, including head and brain, body and limbs
- check the organs and limbs for abnormalities
- check and measure the placenta, amniotic fluid, uterus and cervix
- ensure your baby is healthy
- identify your baby's sex of course only if you want to know
- view the images in 3D/4D at no extra cost

The best time for your scan is 20 weeks but it can be performed any time from 18 to 22 weeks.

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26-40 week pregnancy welfare scan

The welfare scan is used to confirm that your baby is growing normally. The NHS does not routinely offer this scan, but many women choose to have it because it confirms that the pregnancy is developing normally and it offers another chance to see detailed images of your baby.

This scan is recommended whenever we want to confirm normal growth. It's also recommended for women who have medical conditions such as diabetes or heart disease, or who have had complications during this or previous pregnancies. You may also choose to have this scan if your baby has been moving less than before, or if you've experienced unusual abdomen pains or any bleeding.

We can usually see good 3D/4D images of your baby during this scan.

We use the 26-40 week welfare scan to:

- check your baby's growth by measuring various parts of their body and estimating their weight and comparing it to the expected weight
- check your baby's heartbeat
- measure the blood flow from your baby to the placenta
- check the amniotic fluid
- check your cervix to look for signs that could lead to premature delivery
- check your baby's activity, including breathing
- view the images in 3D/4D

Supplementary Tests

10-22 week Harmony™ prenatal DNA test

The only non-invasive prenatal test (NIPT) currently offered in the UK is the Harmony™ test. This prenatal DNA blood test is used to test for Down syndrome and other major chromosome abnormalities. It's extremely accurate (99+%) and so effectively replaces amniocentesis for most patients who otherwise may have chosen this option.

The test is carried out on a blood sample from the mother. This means it's non-invasive and safe for both her and the baby. And, because it's non-invasive, it is completely safe and doesn't have the risks of miscarriage associated with amniocentesis or CVS

This is an appropriate test for mothers who are at higher risk of Down syndrome or have had a worrying result from their 12-week nuchal scan, or who want the highest accuracy possible.

This test is not offered by the NHS and has only recently become available in the UK. Dr. Nyberg was one of the first doctors to begin using it in the US when it became available there in October 2011 and so has extensive experience with it.

We use this prenatal blood test to:

- accurately test for major chromosome abnormalities such as Down syndrome, trisomy 21 and trisomies 18 and 13

You can have the Harmony™ blood test between 10-22 weeks into your pregnancy. You can calculate these dates from the first day of your last period.

The prenatal blood test does not replace your 12-week scan, but could replace the alternative PAPPA blood test for patients who choose it as a first step. You can have your blood sample for the Harmony™ test taken at the same time as the 12-week scan, or you can come in for it separately.

A side benefit of the Harmony™ test is it can determine your baby's sex. Ultrasound at The Medical Chambers Kensington is also highly accurate for determining sex after 12 weeks.

What to expect

You'll meet our nurse who will take a sample of your blood.
A specialist lab in the US will test your blood sample – currently there are no UK labs that are able to carry out this test. We'll have your results within 14 days.

15+ week Genetic amniocentesis

Amniocentesis involves examination of cells in the fluid from around the fetus (amniotic fluid). The cells in the amniotic fluid originate from the baby and so the chromosomes present in these cells are the same as the baby's. It's considered to be an invasive test, because the fluid sample is obtained by inserting a thin needle into the uterus under ultrasound guidance. The fluid re-accumulates within a few hours. An advantage of amniocentesis is that it can test for more types of abnormalities than non-invasive testing. The risk of pregnancy loss is commonly quoted at 1 in 100 in the UK, but is usually quoted as a lower risk in the US.

Genetic amniocentesis has been historically recommended for patients who are at "high risk" such as those with abnormalities seen by ultrasound. Newer methods are available to physicians who are looking at chromosomes in a more detailed way through molecular techniques called microarray analysis. Recent studies suggest that significant microarray abnormalities – small missing or duplicated areas – can be associated with mental disability, autism and autism variants. The frequency is not truly known in the general population, but significant microarray findings have been found in 1-2% of otherwise low risk patients over 34 years old and in 5-6% of patients when ultrasound abnormalities are seen. Abnormal microarray results can be seen in up to 10-20% of fetus who will eventually develop autism but this percentage is expected to increase as we gather more studies and data.

11-14 week Chorionic villus sampling (CVS)

CVS can be carried out between 11 and 14 weeks. It's considered to be an invasive test, because it's carried out by inserting a needle into the uterus to take a small sample of tissue from the placenta (chorionic villi). Both the baby and placenta originate from the same cell, so the chromosomes present in the cells of the placenta are the same as those of the baby. The major advantage of CVS is it can usually give results early in pregnancy. The risk for pregnancy loss with this test is estimated 1 in 100.

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How to make an appointment

Same Day. Next Day. Evenings. Weekends. We have flexible appointment times throughout the week, including late evenings and Saturdays. When you make an appointment we'll tell you everything you need to know about your scan, invite you to register online and confirm by email.

We are always extending our clinic hours to be as convenient as possible. So you can find our current hours on our website. To make an ultrasound appointment please call us on 020 7244 4200. Our appointments team is here from 0830 to 1830 Monday to Friday and 0900 to 1300 on Saturdays.

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It's easy to get here

We are at the junction of Knaresborough Place and Collingham Place, next to the back of London Marriott Hotel Kensington. The closest tube stations are Earl's Court (please take the exit via Earl's Court Road) and Gloucester Road.

If you're coming by car there are parking meters nearby and an NCP car park in the London Marriott Hotel Kensington. We are not in the congestion charge zone.

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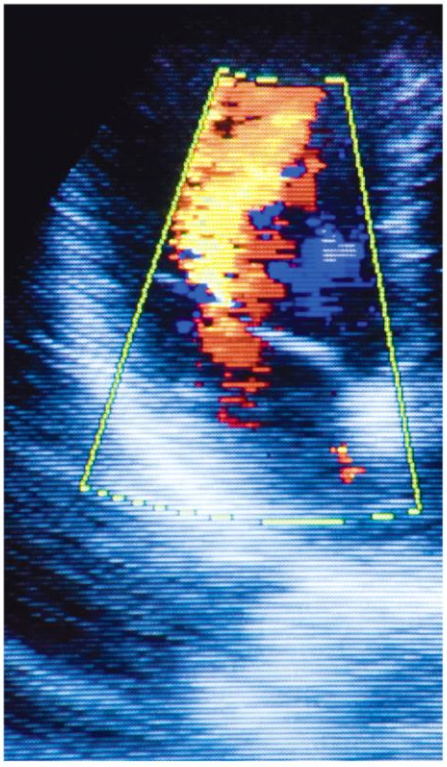

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