



**The latest in ultrasound technology offers women the opportunity to see their babies in 3D and 4D... while they're still in the womb!**

## Here's looking at you, kid

We're all familiar with the grainy images of the traditional, conventional ultrasound scan from the hospital. Now, however, a technological miracle is available to expectant parents in Northern Ireland, giving them the opportunity to see their baby in 4D Ultrasound. Born out of necessity, where such scans were once used simply to give a more detailed picture of a wide range of abnormalities, such as spina bifida or cleft lip, the 4D scan has now become popular with expectant parents, who simply wish to get a better view of their baby. The hi-tech scans are carried out in Crawfordsburn, Co. Down by Dr Paul Fogarty, a Senior Consultant Obstetrician and Gynaecologist at the Ulster Hospital in Dundonald. In 1993 Dr Fogarty became the first doctor in the Province to complete the Royal College Advanced Training in Obstetric Ultrasound. Baby Talk's publisher, Karen McAvoyn and her husband Gordon went along to see Dr Fogarty to experience the latest in scanning technology.

### Karen's experience

I'd heard about four dimensional scanning in Northern Ireland from articles we had published in previous editions of Baby Talk and from others who had recently attended one. However, nothing really prepared me for the experience. Dr Fogarty made us both feel relaxed and reassured throughout. It wasn't the usual cold, stark type of clinic, but was very atmospheric, with a glowing fire in the corner and scented candles. Even the gel he used was warm! As with all first-time mums, one of my main worries is that my baby is developing normally. I'm always looking for reassurance that nothing is going to go wrong. The scan reassured me that my baby had all its fingers and toes and there was nothing to worry about. It was amazing seeing it move around and play peek-a-boo, placing its tiny hands over its face every time Dr Fogarty tried to get a good picture! Throughout the scan we could see the baby and its movements very clearly and we didn't have to struggle to make out shapes and

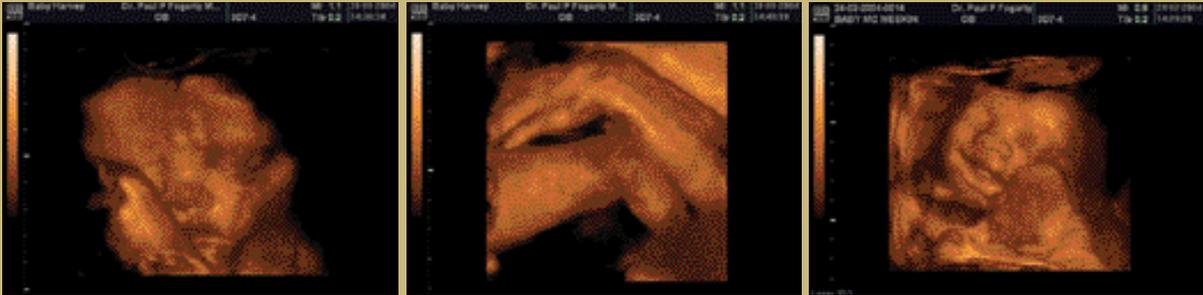
shadows, which - as first time parents - we found we had to do during the traditional scans. The 4D scan was also able to confirm the sex of our baby - we had some idea but, now that it's confirmed, it's so much easier to be able to plan the nursery and think of names.

We both found it a very rewarding and an extremely special experience. I think for me, being able to visualise my baby has prepared me emotionally for being a mum and Gordon is now referring to the baby as a person and planning what he and the baby will be able to do when it's older!

We also got a CD Rom, video and prints to take home, enabling us to share this precious experience with our parents and close friends. I would highly recommend this scan, for peace of mind and for the great joy it brings to you and your partner. Not forgetting the momentous keepsake you'll have for the little one when he or she grows older!

Karen had her scan at 24 weeks and she is due on 29 June.





### How the 4D scan works

Prenatal scans work by sending out high frequency ultrasound waves. The reflected waves are then converted by a computer into the images, which you see on the TV screen. Traditional 2-Dimensional ultrasound (2D) gives a flat black and white picture, with little detail of how the baby actually looks. 3D/4D ultrasound is a new technology, which allows you to see 3-dimensional colour images and videos of your unborn baby. With this 3D/4D ultrasound you can actually see what your baby looks like before birth, as well as seeing your baby move while it is still in the womb.

### Best time for a scan

Good pictures of your baby can be obtained at any stage of the pregnancy. However, although you will be able to see the whole baby moving its arms and legs in the early weeks, the details of the face will be indistinct. Between 18 and 34 weeks there is still plenty of fluid available to get a clear scan. By this time the baby has started to 'fatten up', which makes his or her facial features more as they would appear at birth. From around 18 to 20 weeks onwards you can, if you wish, find out whether your baby is a boy or a girl. This depends, however, on how co-operative the baby is and how good a view is obtained.

### Other 3D links:

[www.prenatalpeek.com](http://www.prenatalpeek.com)  
[www.littlesproutimaging.com](http://www.littlesproutimaging.com)  
[www.wombwithaview.com](http://www.wombwithaview.com)  
[www.baby-insight.com](http://www.baby-insight.com)  
[www.createhealth.org](http://www.createhealth.org)

### Perfectly safe

The use of the 3D/4D scan will not cause any harm to your unborn baby. Ultrasound has been used in maternity care for the past 30 years and has proven to be very safe. No X-rays are involved in the scanning.

### Booking a scan

Scans are performed regularly at Dr Fogarty's private clinic in Crawfordsburn, where the latest in ultrasound equipment is used. In addition to the 4D scans Dr Fogarty and his staff have extensive experience in prenatal and gynaecological ultrasound, including amniocentesis, ovarian cancer and polycystic ovarian syndrome screening.

**To book an appointment call the clinic on 028 9185 3343. For further information and directions to the clinic see [www.drfofarty.co.uk](http://www.drfofarty.co.uk).**



### info...

#### A 3D/4D scan at Dr Fogarty clinic includes:

- An ultrasound session, which lasts between 20 and 30 minutes
- Sex determination (if desired)
- VHS video of the session
- CD-Rom with JPEG and video clips for use on your PC and for email
- Colour photographs of your baby

