

HOLDING A FULL BLADDER FOR OBSTETRIC SCAN:

It is essential to have a full bladder for an obstetric scan (unless advised otherwise by doctors or sonographers). It enables a better and easier visualisation of your baby, and it also gives the option of emptying the bladder to change the position of the baby during the scan.

The quality of images obtained from your baby using a full bladder allows it to be used as a window to see the structures clearly. If your bladder gets too full or painful whilst waiting for your scan, you may PARTIALLY empty your bladder.

HOW TO PARTIALLY EMPTY YOUR BLADDER:

1. Relax your pelvic floor muscles once in the toilet
2. Pass urine for a duration of 10 seconds (count to 10 slowly e.g. One Mississippi, Two Mississippis)
3. Contract your pelvic floor muscles to stop your bladder from emptying completely. This is like doing pelvic floor exercises.
4. You can do this as many times as needed, PROVIDED that you drink more water each time.

Please do not completely empty your bladder at any time until your scan, or else it would be hard to visualise your baby during the scan as they could be in a difficult position by that point.