

An ultrasound scan has been recommended to check your baby's hips

This leaflet will explain the procedure.

Important

Only an ultrasound examination of the hips enables a detailed diagnosis of a problem in the baby's hip joint. Early detection shortens the time of treatment and also means a good chance of avoiding an operation later in life.

Ideally this scan should take place when your baby is about 6 weeks old. If your baby was born before 36 weeks of pregnancy we add six weeks to their expected date of birth to book the appointment.

Do not swaddle your baby – swaddling keeps the hips and knees straight and prevents the hips from developing normally increasing the risk of dislocation.

What is an ultrasound scan?

This is a simple painless examination, which uses sound waves to build up a picture of your body on a television screen. It is the same as the scans that were performed during your pregnancy.

Why does my baby need a scan when he/she appears fine?

The doctor/midwife who examined your baby after birth noted that your baby has an increased chance of having a problem with one or both hips, despite the hip examination feeling normal. Not all problems with baby's hips can be identified by an examination alone and some need an ultrasound scan especially if:

- 1) There is a family history (parents or siblings) of dislocation of the hips.
- 2) Your baby was in the **breech** position at birth or after 36 weeks of pregnancy.

In twins, both babies will be invited for a scan even if only one was breech.

What if I decide not to bring my baby for the scan?

We strongly recommend that you bring your baby to the appointment.

Hip problems can be corrected in a relatively simple way (dependant on the degree of abnormality) if the problem is detected early. This is why we ask you to bring your baby when they are so small. Undetected problems are more difficult to correct when your baby is older, and long term complications are also more likely.

Babies who are not brought to appointments raise safeguarding concerns for us therefore your health visitor and GP

will be informed if you fail to bring your baby to this appointment.

Are there any risks?

Ultrasound has been in regular use for many years and is considered safe. However, as a medical examination, it will only be performed with good medical reason and by staff with the appropriate qualifications and experience.

How long will it take?

The examination usually takes between 10-15 minutes to complete.

During the scan

You will be able to stay with your baby throughout the scan.

You will be taken into the ultrasound room and asked to take the outer layers of clothing off of the lower half of your baby. We will unfasten the nappy on the side to be scanned.

Your baby will be laid on their back or their side in a soft cradle.

Some warmed gel will be placed on each hip in turn. The probe is placed on the skin and gently moved around to obtain the best picture of the hip joint. After the scan the gel will be wiped off the skin.

Some babies may become restless during the scan. We have found that giving the baby a feed a short time before the scan (within 2hrs) may help them feel more relaxed, however this is not essential.

When will I know the result?

The Advanced practitioner in Ultrasound/Consultant will discuss the scan findings with you at the end of the examination. Sometimes follow up scans or clinical appointments are needed. If this is the case, we will let you know at the time.

Children

In an attempt to prevent the spread of infection, the trust requests that only necessary members of the public visit the hospital. For this reason we ask you not to bring siblings if at all possible. We appreciate that at times this may be difficult. Therefore, you may wish to bring another adult with you to supervise any siblings in the waiting area whilst your baby's examination is performed and the results are discussed.

Personal choices

As a teaching hospital, we often have Ultrasound trainees and medical staff undergoing training. If a student is present we will ask your permission to perform the scan. You have the right to decline. This will not affect your care in any way.

Parking

At certain times of the day parking may be limited. Please be advised that both Torbay and Newton Abbot Hospitals have

bus services to the door. You should find details enclosed with your appointment. If you choose to travel by car you will need to allow plenty of time to park. You will also need small change as you will need to buy a parking ticket.

Contact us

If you are unable to attend the appointment you have been given please contact the call centre to rebook.

Telephone **01803 656326**

If you are on a low income or on benefits you may be entitled to claim back the cost of your travel. Please contact the hospital cashier for advice:

Telephone **01803 656555**

If you have any queries about the screening test or why baby needs to attend please speak to the antenatal and newborn screening midwife

Telephone **01803 656059**

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

PATIENT INFORMATION

Ultrasound of Baby Hips