

Maternity Department  
Wexham Park Hospital & Frimley Park Hospital  
Frimley Health NHS Foundation Trust

## Uterine Artery Doppler Ultrasound Measurements Information for raised resistance

### What is uterine artery doppler ultrasound measurement?

Uterine arteries are the vessels that carry blood to your womb (uterus). Every woman has two uterine arteries on one on each side of the womb. These arteries supply the blood flow to the womb, which then feeds the placenta. If there is a good blood flow in these arteries, the placenta develops normally helping the baby to grow in a healthy way inside the womb.

A uterine artery doppler measurement has been used to check the blood flow of the uterine arteries during the anatomy scan. The flow of blood in the vessels can inform us as to whether your baby will grow to its full potential and the likelihood of developing pre-eclampsia (a blood pressure condition in pregnancy). The doppler measurement uses sound waves to check if the blood is flowing easily (low resistance) or whether it is having to work harder (raised resistance).

### What do the results mean?

A raised resistance measurement suggests that there is more chance that your baby will not grow as well as expected, and an increased risk that you might develop pre-eclampsia. **It is important to understand that this does not mean that this will happen, only that you are at increased risk.** You will be offered additional scans and hospital appointments during your pregnancy. That means that if problems do arise they can be picked up as early as possible.

### Is there anything I can do to help my baby to grow well?

If you smoke, it is extremely important that you stop. Smoking can seriously affect the function of the placenta and your baby's growth.

Please ask your midwife to refer you to our stop smoking services.

Monitoring your baby's movements is a good way for you to check your baby's wellbeing.

If you have been advised to take aspirin, taking this as recommended can also be beneficial.

### Is there any treatment?

This is not an illness; hence treatment is not required.

### Will future pregnancies be similar?

The presence of a high resistance flow pattern in this pregnancy does not increase the chances of having this again in subsequent pregnancies.

### Who can I speak with if I need further information?

Receiving the news of having extra test may cause anxiety but please be assured that the majority of babies will have normal growth. You are welcome to contact your community midwife or to ask your obstetrician if you have any queries or concerns.

### For a translation of this leaflet or for accessing this information in another format:

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Please contact (PALS) the Patient Advice and Liaison Service on:

#### **Frimley Park Hospital**

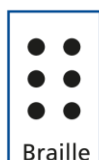
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