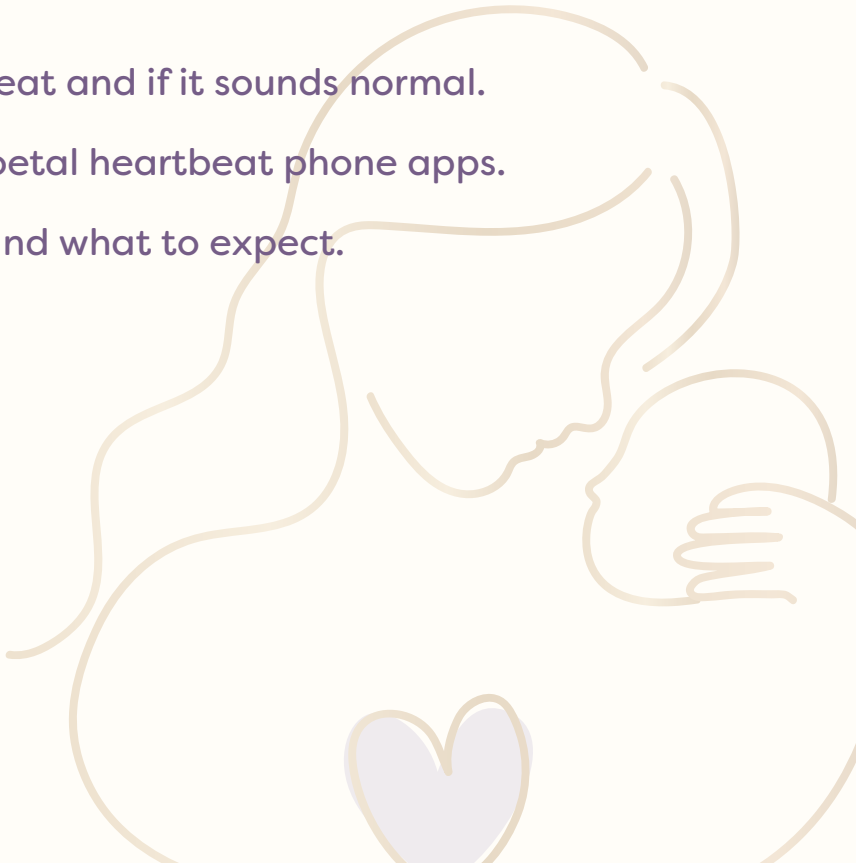
sma Nutrition

What to ask at your 12 week scan

The 12 week scan is a big day with lots of emotions rushing around. This pregnancy scan is an important one, so it helps to have a list of questions handy. It's easy to forget things when you're in front of the monitor.

- [ ] Ask how much to undress for the scan. If it's your first time, there's no harm in asking.
- [ ] Ask for a modesty cover-up if preferred. Playsuits and dresses are cute, but they're a bit exposing when it comes to a scan.
- [ ] Ask what the 12-week scan looks for if it hasn't already been explained.
- [ ] Ask about baby's development.
- [ ] Ask about a picture before they start scanning – hospitals often have different policies about printing scans to keep.
- [ ] Ask the sonographer if it's possible to record the audio of the heartbeat on a phone.
- [ ] Ask about the foetal heartbeat and if it sounds normal.
- [ ] Ask about the accuracy of foetal heartbeat phone apps.
- [ ] Ask when your next scan is and what to expect.