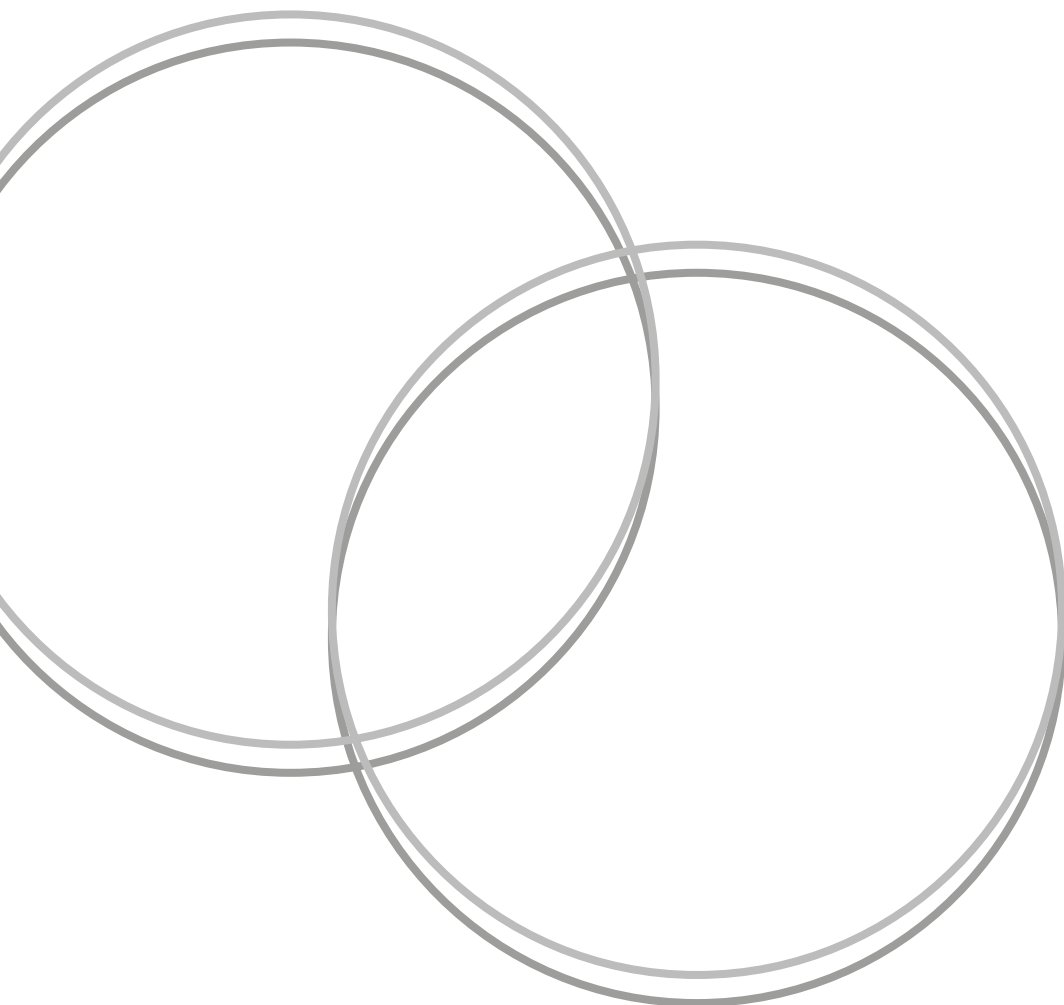


Changes to our pregnancy scan pathways

Information leaflet



Introduction

We have made some changes to our pregnancy scan pathways. This leaflet explains what has changed, why, and what it means for you.

A scan pathway is the plan of scans, checks and appointments we recommend for you during your pregnancy.

What has changed

We are now recommending additional scans for some people during pregnancy. These scans help us monitor your baby's growth and wellbeing more often.

We will only advise these additional scans when changes in your health or your pregnancy requires closer monitoring. For example, this might apply if you develop diabetes in pregnancy, if you smoke, or if your BMI (Body Mass Index) is above or below a certain level.

For most people, the scans we offer will not change.

Scans we will offer you during pregnancy

If you are expecting one baby

We have 5 maternity scan pathways.

The pathway we recommend will be based on the personalised needs of you and your baby. It outlines the recommended scan pathway, care contacts and appointments we advise for the rest of your pregnancy.

If something changes during your pregnancy, we may recommend additional scans where closer monitoring is needed.

If you are expecting more than one baby

You will follow a different scan pathway. Your midwife or hospital doctor will explain it to you.

How these changes will affect your pregnancy scan pathway

If you have not yet had your 20-week screening (anomaly) scan

After your 20-week screening (anomaly) scan, we will advise you which pathway we recommend and give you a separate leaflet explaining what this means for you. Any new scans that apply to you will be discussed with you and included in that pathway.

If you have already had your 20-week screening (anomaly) scan

If you have already had your 20-week screening (anomaly) scan, we will have already recommended a scan pathway for you. Any scans that are already booked will still go ahead as planned. If, because of the new arrangements, we recommend any additional (extra) scans for you, we will contact you to arrange them. We may also book these in advance, or arrange them with you at your next appointment, whichever happens first

We will give you a leaflet for the pathway you are on. It explains the scans and appointments included as routine on that pathway. You can also find the leaflets on our website:

www.ouh.nhs.uk/maternity/resources/#ucPatientLeaflets_btnSearch



You can also scan the QR code.

Your midwife or doctor will explain what we recommend for you and why. You do not need to wait for your next appointment.

You can speak to your midwife or doctor at any time. We are here to listen and to support you. If you have any questions or concerns, please get in touch using the contact details in your maternity notes.

You can also email any non-urgent questions about your pathway to **pathwayqueries.fetalmedicine@ouh.nhs.uk**

Why monitoring a baby's growth is important

We monitor your baby's growth at different stages of pregnancy and compare their measurements with those of other babies at the same stage. This helps us monitor whether your baby is growing as expected.

Some factors can mean that your baby grows smaller or larger than expected. If this happens, we may recommend additional scans, checks or appointments. Depending on your circumstances, we may also discuss planning your baby's birth before 41 weeks of pregnancy.

Why we have changed our arrangements

We have listened and this is what we are now doing.

We have kept every scan we already offered locally, while also ensuring that we follow national guidance.

The national guidance is called the '***Saving Babies' Lives Care Bundle***'. It outlines out how maternity scanning should be arranged. The scans it recommends depend on a person's health, their pregnancy and other personal factors.

Until now we followed most of this guidance, but we had also agreed some local differences. For example, we offered a routine 36-week scan to everyone. We offered additional scans where we knew certain factors could affect a baby's growth. This included scans for some people based on ethnicity, and scans for babies whose estimated weight was in the lowest 20%* compared with other babies at the same stage. We offered these local scans instead of some of the scans recommended in Saving Babies' Lives.

** For comparison, national guidance recommends additional scans when a baby's estimated weight is in the lowest 10%. Our local approach therefore included more babies than the national guidance.*

Where our scan pathways differed from the national guidance, they were reviewed and approved by our Local Maternity and Neonatal System. National guidance requires this when a maternity service uses a different approach.

Will you continue to provide the additional scans already offered locally?

Yes. We will continue to offer these additional scans as well as the scans we are introducing. Research suggests the locally agreed scans help us identify more babies who are smaller than expected for their stage of pregnancy.

Local data also shows that our routine 36-week scan helps us find more babies in a breech position than the national average. Finding this before labour means we can talk with you about your birth options.

We will keep our scanning arrangements under review, so that they give the best possible care and experience to pregnant people, babies and families.

** 'Breech' means the baby is lying bottom first or feet first in the uterus (womb), rather than headfirst.*

Further information

If you have any questions about this leaflet, please speak to your midwife or doctor.

Please also tell your midwife or hospital doctor if you would like an interpreter, or if you would like this information in another format such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

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