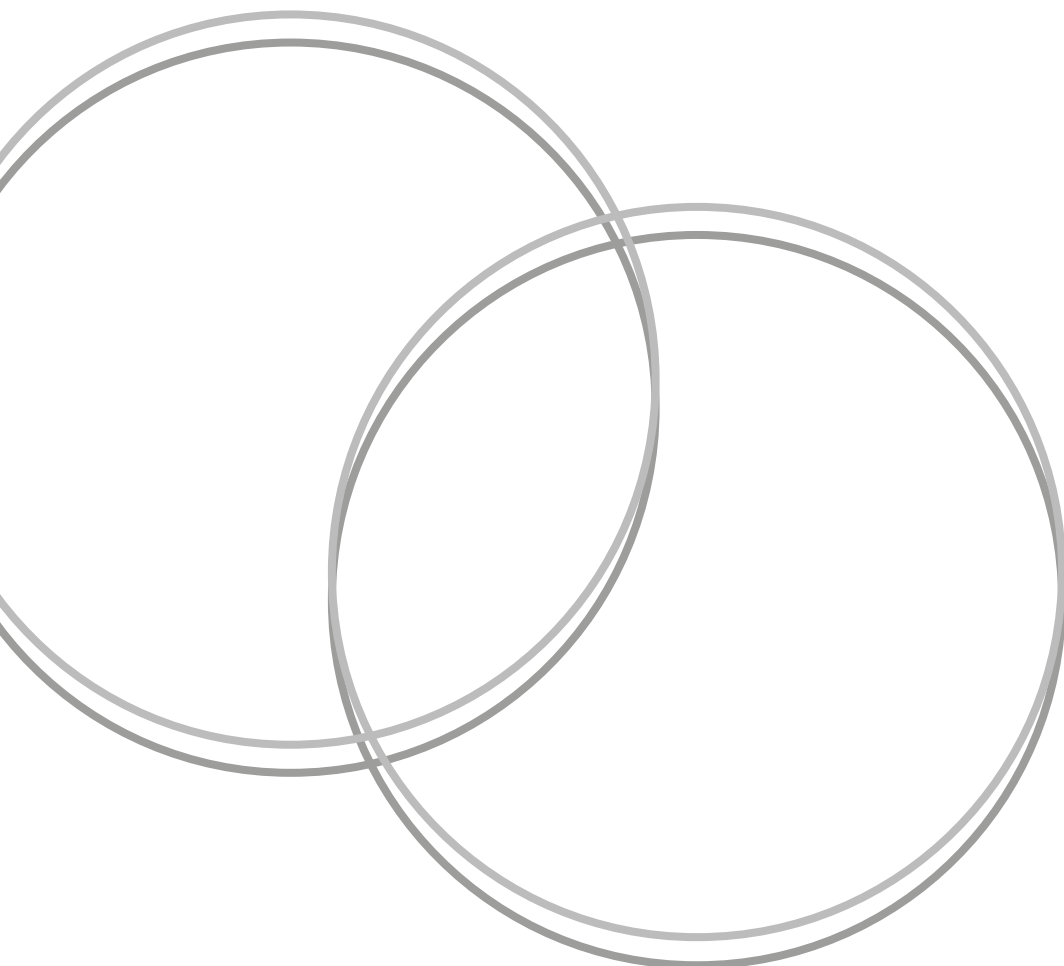


Understanding your Maternity Scan Pathway: Pathway D2

Information leaflet



Distribution: This information will be shared by the sonographer after a clinical decision is made for a patient to be on Pathway D2. It will also be available to maternity healthcare professionals and to patients via the BadgerNotes Personal Timeline and the Trust website.

Scan Pathways:

What is a maternity scan pathway?

Your maternity scan pathway sets out all the routine scans, checks and appointments we recommend during the rest of your pregnancy. We may also recommend further scans or other checks if they are needed later in your pregnancy.

All our maternity scan pathways follow national guidance called the Saving Babies' Lives Care Bundle. This guidance is based on the latest available evidence and aims to make pregnancy safer and to improve outcomes for women and birthing people and their babies.

Your maternity scan pathway

Following your 20-week screening (anomaly) scan, we reviewed information about you and your baby so that we could recommend the most appropriate maternity scan pathway for your needs.

We are recommending **Pathway D2** for you.

What does Pathway D2 mean?

Being on Pathway D2 means that the uterine artery doppler measurements taken at your 20-week screening scan were significantly higher than expected. This can be an early indication that your placenta may not work as efficiently later in pregnancy. Being on this pathway does not necessarily mean there is a problem with you or your baby now.

Your midwife or doctor will explain which findings apply to you and answer any questions you may have, as well as documenting the findings within your Badgernotes.

For this reason, we are recommending close routine monitoring throughout the rest of your pregnancy, including specialist review and an individualised plan of scans, checks and appointments. Close monitoring will help us identify any changes as early as possible so that, if needed, we can recommend the most appropriate care for you and your baby.



A **uterine artery doppler** is a type of ultrasound that looks at the blood flow to your placenta. The placenta is an organ that develops during pregnancy. It supplies your baby with oxygen and nutrients through the umbilical cord.

Can my pathway or care plan change?

Once you have been allocated to Pathway D2, you will stay on this pathway throughout your pregnancy.

However, maternity care plans are always tailored to you and your baby, meaning they may change as we continue to review your pregnancy.

New symptoms, scan findings or other information may mean that we recommend changes to your future scans, appointments or other aspects of your care.

We will explain the reasons for any recommendation and discuss what happens next with you.

What happens next?

What routine scans will I have?

Pathway D2 does not have one standard schedule for routine scans, checks and appointments. These will be arranged on an individualised basis but will start with a scan by the fetal medicine team at no later than 25 weeks.

Will I require any other additional appointments?

We will book an appointment for you at 24-25 weeks of pregnancy with our fetal medicine team. The team includes specialist doctors and other healthcare professionals who care for people with more complex pregnancies where closer monitoring is important.

A fetal medicine consultant will recommend an individualised plan of routine scans, checks and appointments that responds to the needs of you and your baby. The reasons for these recommendations will be explained to you, and you will have the opportunity to ask questions.

Your pregnancy and individualised care plan will be reviewed regularly, and this might mean that your appointments need to change.

How will these be arranged?

The sonographer who did your scan today will refer you to the fetal medicine team. This scan will be booked by the fetal medicine administrative team. If you do not receive confirmation of an appointment within seven working days of your 20-week scan please contact the fetal medicine unit

Telephone: **01865 221716**

Email: **oxfordfetalmedicine@ouh.nhs.uk**

How will my baby's growth checked?

Growth scans are the most appropriate way to monitor your baby's growth and wellbeing during pregnancy. However, they are only one part of your pregnancy care. Your blood pressure, urine and general wellbeing will continue to be checked at your routine antenatal appointments throughout your pregnancy.

Why is it important to attend scans and appointments?

We advise you to attend all your routine scans and appointments, as they allow us to monitor the health and wellbeing of you and your baby throughout pregnancy.

Your midwife or doctor may recommend additional scans or appointments if new information becomes available during your pregnancy.

Who will look after me during pregnancy?

Your community midwife will continue to support your pregnancy care under Pathway D2, and your routine community midwife appointments should continue.

You will be seen by our fetal medicine team, which provides specialised care for women and birthing people when closer monitoring is recommended. They will coordinate your pregnancy care.

Most of the factors that affect your baby's growth are outside of your control. You can support the health and wellbeing of yourself and your baby during pregnancy by:

- attend all your appointments and scans
- take any medicines prescribed during pregnancy
- ask for support if you would like to stop smoking or vaping
- follow any healthy eating advice given during your pregnancy

Will Pathway D2 affect my birth plan?

Your midwife or doctor will discuss your birth plan with you throughout your pregnancy.

Even if your baby continues to grow as expected and there are no other concerns, we will usually recommend that your baby is born on or around your due date. Your maternity team will discuss the reasons for this recommendation, your individual circumstances and your options with you.

Being on Pathway D2 does not, by itself, determine whether you give birth vaginally or by planned caesarean section. However, if circumstances change during your pregnancy, the fetal medicine team may make additional recommendations about where, when or how your baby is born.



An **induction of labour** is where we use medicines or other methods to help your labour begin at a planned time.



A **caesarean section** is an operation to deliver your baby through a cut made in your tummy and womb.

Who decides what happens?

You do, with our advice and support.

We give you clinical advice and make recommendations based on the information available during your pregnancy. Our advice always prioritises the health, wellbeing and safety of you and your baby. We will explain the benefits and risks of the choices open to you, so that you can decide what is right for you.

Sometimes our advice may be different from what you were expecting or hoping for. If this happens, we will explain the reasons for our advice and work with you to agree a plan that works best for you and your baby.

You can accept or decline any scan, test or appointment we offer. The same applies to your birth plan. If you decide not to have something we have recommended, we will explain what that may mean, record your decision and continue to care for you.

If you would like extra support when making important decisions, please ask your midwife or doctor and we will arrange it.

When should I seek advice?

Changes in your baby's movements are important

If your baby's movements become less than usual or their usual pattern changes, or you have other urgent concerns about your pregnancy, please call the Maternity Assessment Unit immediately using the details below.

01865 220 221

The unit is open 24 hours a day, 7 days a week.

If you have any questions about your pregnancy, pregnancy scan findings, or maternity scan pathway please speak to your community midwife or maternity team.

Frequently asked questions

Why might I have different scans to someone else?

Every pregnancy is different. Your maternity scan pathway is based on your individual circumstances and the information available during your pregnancy. This means your scan and appointment schedule may be different from someone else's.

Pathway D2 includes specialist care and an individualised plan of scans, checks and appointments. These help us monitor your baby's growth and wellbeing more closely and identify any changes earlier, so that we can recommend the most appropriate care for you and your baby.

How accurate are growth and other scans?

Scans give us useful information to help plan your care, but they cannot tell us everything.

Your baby's weight is estimated using measurements taken during the scan. It is not exact.

Scans also cannot predict everything that may happen during pregnancy.

This is why the routine checks and appointments we arrange for you are so important. It is equally important to tell us about any changes or concerns you notice yourself.

What if I cannot attend my scan?

Scans are most useful when they take place at the planned stage of pregnancy.

Please let us know as soon as possible if you cannot attend so that we can arrange another appointment as close to your original scan date as possible.

Maternity Ultrasound Department (Oxford)

Level 4, Women's Centre
John Radcliffe Hospital
Oxford OX3 9DU
Tel: 01865 221 715

Maternity Ultrasound Department (Banbury)

Antenatal Clinic
Horton Maternity Unit
Banbury OX16 9AL
Tel: 01295 229 464

You can also email either department at:
maternity.ultrasound@ouh.nhs.uk

Opening hours:
Monday to Friday, 8.00am to 4.00pm

If there are other reasons that make it difficult for you to attend your appointments, please speak to your community midwife. There may be support that can be arranged to access the care that has been recommended to you.

What if I have questions or concerns?

We have tried to make the information in this leaflet helpful for everyone on Pathway D2. If you are unsure about anything, you are always welcome to ask questions and we encourage you to do so.

If anything is worrying you or you need more information about something, please speak to your community midwife or any specific pathway, non-urgent matters can be sent to **pathwayqueries.fetalmedicine@ouh.nhs.uk**.

Specific maternity scan pathway queries can also be sent to **pathwayqueries.fetalmedicine@ouh.nhs.uk**.

No question or concern is too small. We are here to listen and help.

Where can I find further information?

You can also find the following leaflets in your **BadgerNotes Personal Timeline**:

- Uterine artery dopplers
- Growth scans
- Caesarean section
- Induction of labour

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

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

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

We would like to thank the Oxfordshire Maternity and Neonatal Voices Partnership for their contribution in the development of this leaflet.

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