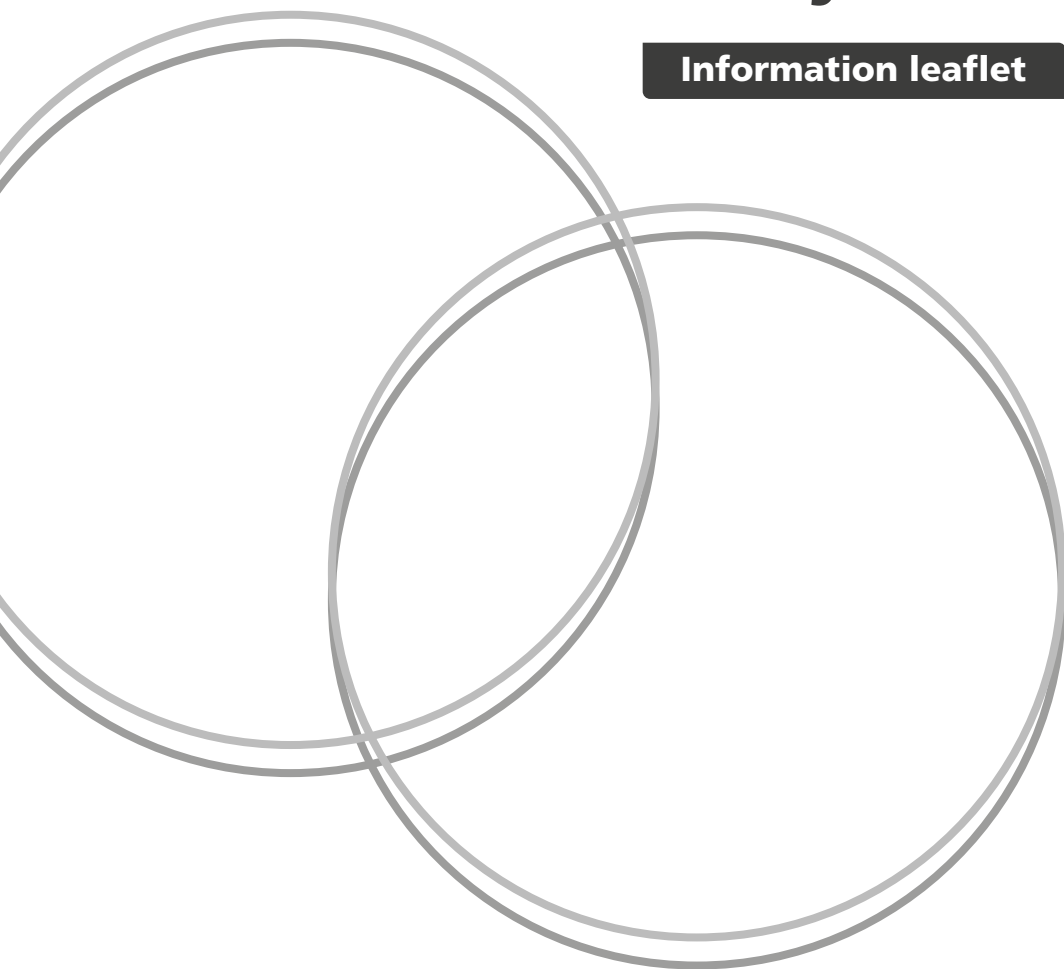


Uterine artery Doppler ultrasound measurements at your 20-week screening (anomaly) scan

Information leaflet

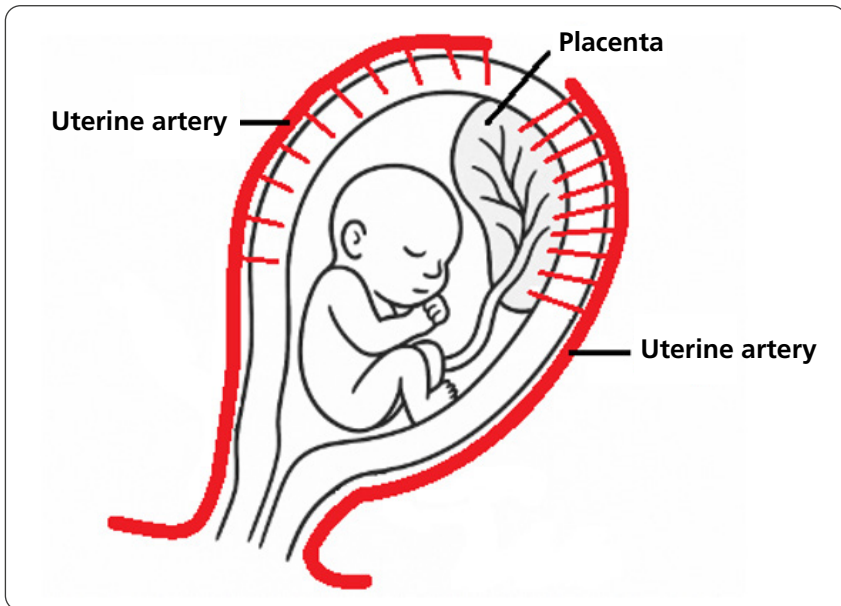


At the time of your 20-week screening (anomaly) scan we routinely offer to take Doppler ultrasound measurements of your uterine arteries.

This leaflet will explain what these measurements are, why they are important, and how we can use them to help plan your pregnancy care.

Uterine artery Doppler ultrasound measurements

Your uterine arteries are blood vessels that carry blood to your uterus (womb). You have two uterine arteries, one on each side of your uterus. They feed the placenta. A good blood flow in these arteries is more likely to support the healthy development of the placenta, and in turn the growth of your baby.



Doppler ultrasound can be used to measure the flow of blood in your uterine arteries. It uses sound waves to check if the blood is flowing easily (low resistance) or with more difficulty (raised resistance). The Doppler ultrasound measurements of your uterine arteries take about 5 minutes and will not harm you or your baby.

What the results mean

If the blood is flowing easily (low resistance), then a good amount of blood is reaching your baby helping them to continue to grow well.

If the blood is flowing with more difficulty (raised resistance) there is a higher chance that your baby may not grow as well as expected. It does not mean that your baby is unwell at the time the measurements are taken.

How are uterine artery Doppler ultrasound measurements used to plan care?

If we know your baby has a higher chance of not growing as well as expected, we will offer extra ultrasound growth scans. This helps us spot any problems as soon as possible.

What you can do

Aspirin can help the blood flow more easily in the uterine arteries, but only when started before 16 weeks of pregnancy. In some cases, we can tell as early as 12 weeks of pregnancy that an individual is more likely to experience problems with their baby's growth, and we will recommend starting aspirin at this time.

For other women and pregnant people, the risk only becomes clear **after 16 weeks of pregnancy**, and at this point starting aspirin is no longer helpful.

If you smoke, you can help your baby's growth by **stopping smoking**. Please ask your midwife, or a doctor, if you would like help to stop.

Questions and concerns

If you would like further information, please see the following leaflets in your **BadgerNotes Personal Timeline**:

- 20-week screening scan

or speak to your community midwife. We aim to answer all your questions and concerns.

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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