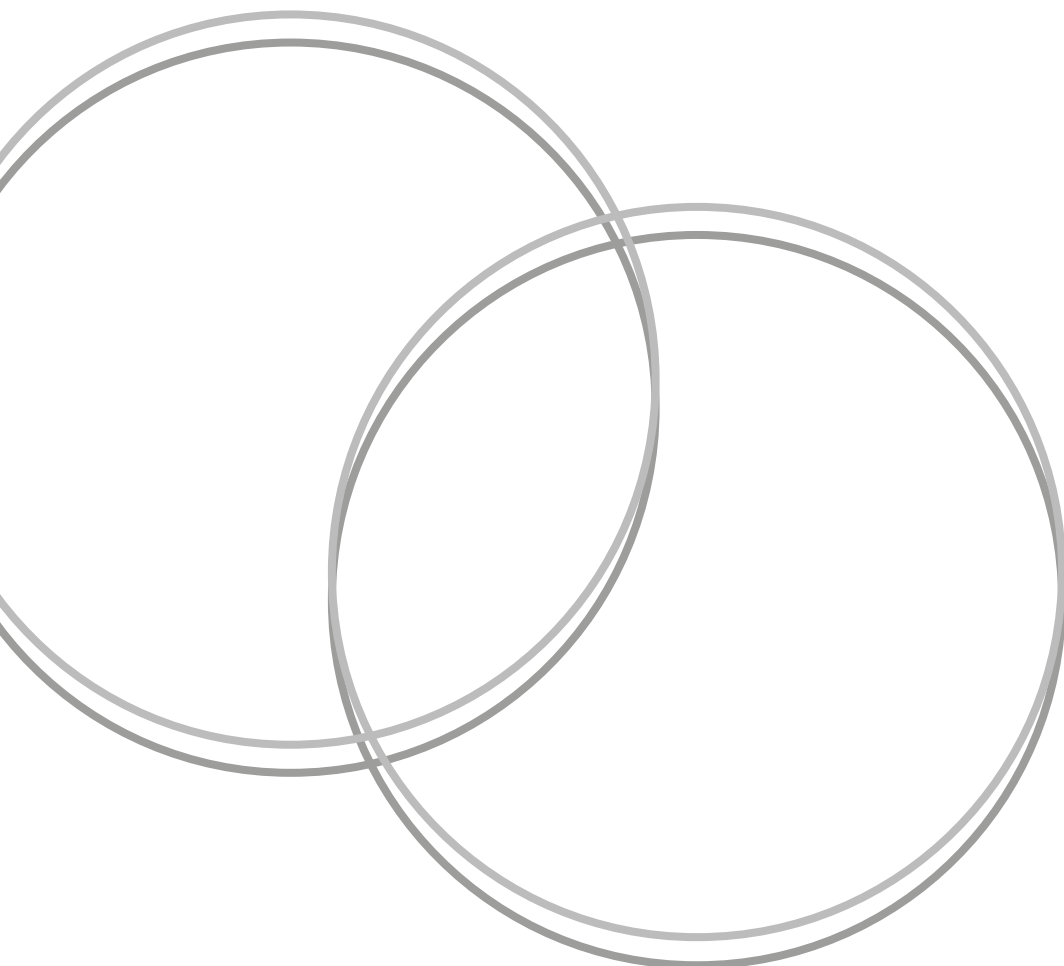


Understanding your Maternity Scan Pathway: Pathway D0

Information leaflet



Distribution: This information will be shared by the sonographer after a clinical decision is made for a patient to be on Pathway D0. 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 D0** for you.

What does Pathway D0 mean?

Being on Pathway D0 means that the uterine artery doppler measurements taken at your 20-week screening scan were higher than expected, but that you have no other identified risk factors for developing problems with your baby's growth. This can be an early indication that your placenta may not work as efficiently later in pregnancy. This does not mean that there is a problem with you or your baby now – rather it is a possible (not definite) indication that problems could develop over time. This is a reason to monitor your pregnancy more closely.

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

For this reason, we are recommending extra monitoring throughout the rest of your pregnancy, including additional growth scans.

Closer 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.

Being on this pathway does not mean there is a problem with you or your baby now.



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 change?

Once you have been allocated Pathway D0, you will stay on this pathway throughout your pregnancy.

However, maternity care plans are always tailored to you and your baby. We will therefore continue to monitor the health and wellbeing of you and your baby throughout pregnancy. Sometimes new information becomes available, for example, your baby's growth is not as expected or you develop a new health condition that could affect the growth of your baby, such as high blood pressure or diabetes.

If this happens, your midwife or doctor may recommend a change to your care plan, which may involve additional scans. This does not necessarily mean there is a problem with you or your baby, it means we believe you would benefit from more frequent scans to check your baby's growth and ensure we don't miss a developing problem.

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

What happens next?

What routine scans will I have?

Under Pathway D0, you will have routine growth scans at around:

- 28 weeks
- 32 weeks
- 36 weeks

If your baby is borderline small at your 36-week scan then a further routine scan will be arranged at 39 weeks.

Will I require any other additional appointments?

We will also book an appointment for you in one of our consultant-led antenatal clinics, either at the John Radcliffe Hospital or Horton General Hospital. This will take place by 25 weeks of pregnancy.

At this appointment, your doctor will explain the results of your uterine artery doppler measurement and what pathway D0 means. They will make sure that your routine scans are booked, discuss whether you need any additional monitoring such as blood pressure measurement or urine tests, and arrange any follow-up appointments you need.

How will these be arranged?

The sonographer who did your scan today will request further scans at 28, 32 and 36 weeks. These appointments should become visible in your Badgernotes. If these appointments have not appeared by the time you next see your community midwife or medical team, please raise this with them.

The sonographer will also refer you to the consultant-led antenatal clinic. You should be notified of the date and time of this appointment within 2 weeks of your 20-week scan.

If you have not been contacted about this appointment following this timeframe, please contact your community midwife or telephone **01295 229453**.

How else is my baby's growth checked?

Growth scans are only one part of your pregnancy care.

From 25 weeks onwards, your community midwife will measure the size of your bump using a tape measure. This is called a symphysis-fundal height measurement.

The measurements we take are plotted on a growth chart to help us assess your baby's growth over time. Once your regular growth scans start then these measurements will stop as an ultrasound scan is the most accurate way of monitoring your baby's growth.

Your blood pressure, urine and general wellbeing will also continue to be checked 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 coordinate your pregnancy care under Pathway D0.

You will also be supported by the hospital maternity team through your antenatal clinic appointment and any follow-up appointments arranged for you.

Most of the factors that affect your baby's growth are outside of your control. You can support the health and well being 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 D0 affect my birth plan?

If your baby continues to grow as expected and there are no other concerns during your pregnancy, being on Pathway D0 alone would not usually affect where, when or how you choose to give birth. Your maternity team will provide information and support to help you make informed decisions about your care and birth preferences throughout your pregnancy.

If circumstances change later in pregnancy, your midwife or doctor will discuss any recommendations with you and explain the reasons for them.

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 D0 includes additional scans so we can monitor your baby's growth and wellbeing more closely. This helps us 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 attending the routine checks and scans we arrange for you is 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 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 D0. 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 have questions that have not been answered by this leaflet, please speak to your community midwife.

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**:

- 20-week screening (anomaly) scan
- Uterine artery dopplers
- Growth scans

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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