

20 WEEKS IN: Unveiling the Marvels of Life



A Journey Through the Target Scan

This detailed ultrasound scan, sometimes called the Target scan or Anomaly scan, is usually carried out when you're **between 18 and 21 weeks pregnant**. The scan checks the physical development of your baby, although it cannot pick up every condition.

What does the scan look for?

The 20-week screening scan looks in detail at the baby's bones, heart, brain, spinal cord, face, kidneys and abdomen.

You can find more information on each of these conditions.

- Anencephaly
- Open Spina Bifida
- Cleft Lip
- Diaphragmatic Hernia
- Gastroschisis
- Exomphalos
- Serious Cardiac Abnormalities
- Bilateral Renal Agenesis
- Lethal Skeletal Dysplasia
- Edwards' Syndrome, or T18
- Patau's Syndrome, or T13

In most cases, the scan will show that the baby appears to be developing as expected, but sometimes the sonographer will find or suspect something different.

If there's a condition, will the scan find it?

Some conditions can be seen more clearly than others. For example, some babies have a condition called open spina bifida, which affects the spinal cord.

This can usually be seen clearly on a scan, and will be detected in around 9 out of 10 babies who have spina bifida.

Some other conditions, such as heart defects, are more difficult to see. The scan will find about half (5 out of 10) of babies who have heart defects as heart defects can evolve later in pregnancies and therefore detected late sometimes.

Some of the conditions that can be seen on the scan, such as cleft lip, will mean the baby may need treatment or surgery after they're born.

In a small number of cases, some very serious conditions are found – for example, the baby's brain, kidneys, internal organs or bones may not have developed properly.

In some very serious, rare cases where no treatment is possible, the baby will die soon after they're born or may die during pregnancy.

What happens at the 20-week scan?

- Having the scan does not hurt, but the sonographer may need to apply slight pressure to get the best views of the baby. This might be uncomfortable.
- The sonographer needs to keep the screen in a position that gives them a good view of the baby. The screen may be directly facing them, or at an angle.
- Sometimes the sonographer doing the scan will need to be quiet while they concentrate on checking your baby. But they'll be able to talk to you about the pictures once they've completed the check.
- The appointment for the 20-week screening scan usually takes around 30 minutes.
- Sometimes it's difficult to get a good picture if the baby is lying in an awkward position or moving around a lot, or if you're above average weight or your body tissue is dense. This does not mean there's anything to worry about.

Can an ultrasound scan harm me or my baby?

- There are no known risks to the baby or the mother from having an ultrasound scan, but it's important that you consider carefully whether to have the scan or not.
- This is because the scan can provide information that may mean you have to make further important decisions.

How long will a scan take?


- A scan usually takes around 30 to 40 minutes. However, the sonographer may not be able to get good views if your baby is lying in an awkward position or moving around a lot.
- If it's difficult to get a good image, the scan may take longer or have to be repeated at another time.

When will I get the results?

- The sonographer will be able to tell you the results of the scan at the time.

Reference: Website, N. (2023, November 14). Ultrasound scans in pregnancy. nhs.uk. <https://www.nhs.uk/pregnancy/your-pregnancy-care/ultrasound-scans/>

 Bhandari Hospital and Research Center (BHRC),
Opposite Meghdoot Garden, Vijay Nagar,
Indore (MP) 452010

 Helpline: +91 98930 34666, +91 78699 14699

 aayushyaindore@gmail.com

 www.fetalmedicineindore.com

You can follow us:



Aayushya - Center for Fetal Medicine



aayushya_Center for Fetal Medicine



aayushya Center for Fetal Medicine



@aayushya_Indore