

My 3D Ultrasound experience

In early May, Michael, Cameron and I had the opportunity to go and see our baby in 3D/4D ultrasound at the Greig and Associates facility in Oakridge. I was 26 weeks pregnant at the time. We were a little nervous about playing "peeping tom" and weren't really sure what to expect in terms of image quality, but we went in with open minds and anticipation to get a good look at our little monkey.

The office was great. They had lots of toys and books for toddlers probably because a lot of parents bring their little ones in to see their upcoming baby brothers and sisters. We were quickly ushered into the ultrasound room. What a different experience than traditional two dimensional ultrasound that is done in a lab. Not only was the room decorated like a spa room, with serene colours, pictures and chairs, but the bed was padded with lots of pillows and there was beautiful music playing in the background. There were more toys in there to play with, so Cameron kept himself busy.

The images themselves were put up on a large (40") flat screen wall mounted tv/monitor so we had an excellent view. The technician chatted with us about everything we were seeing, and let us guide her to see different body parts. Before long we had almost 11 minutes of great video clips (each one 10-30 seconds) and over 65 images to take home on CD. We also got some printouts right there.

It was absolutely amazing to see a three dimensional image of our little boy (yes, it's another BOY!). We immediately recognized his nose as looking exactly like Cameron's did as a newborn. We saw him yawning, blinking, swallowing, grabbing his feet, sucking his hand. It was so "real" that I had the sense we could just take him out and

he'd be ready to go home as is (of course he still needed about 14 weeks of **baking** when I had this done). At one point Cameron looked up at the screen and **shouted "MY BABY BROTHER!"** We loved the experience and felt it brought us even closer to our baby.

So, if you decide to go, **there are a few things you should know:**

1. **3D ultrasound uses the same technology as regular ultrasound...ie.... It's Safe! It's the enhanced software that makes the images look three dimensional.**
2. **Allow about 30-45 minutes so you can relax and enjoy the show.**
3. **Make sure to let them know if you don't want to know the sex, because it's REALLY clear on a 3D image!**
4. **All the technicians are trained in diagnostic ultrasound, but this is purely for enjoyment, so don't expect any medical advice or information.**
5. **You don't need a doctor or midwife's referral to get your 3D ultrasound done.**
6. **The best time to go is between 24 and 28 weeks, when baby has some fat deposits but is still not too big to get good images. However, they will perform them from 22 - 32 weeks.**

We were so **impressed** with it that I wish we had done it with Cameron.

But at least we got to do it once. For appointments and information, you can contact "My 3D ultrasound" (a department of Greig and

Associates) at 604 267-3DUS (3387) or visit them on the web at www.my3dultrasound.com

In the meantime, take a peek at our little guy!

Tracy, Michael and Cameron