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# Understanding
## USG OBS - Level I / NT-NB Scan



## What is a USG OBS - Level I / NT-NB Scan?

USG OBS. - Level 1 / NT-NB Scan is a specialised first-trimester ultrasound scan that determines fetal development and measures the nuchal translucency (NT) as well as the nasal bone (NB). It's generally offered between 11 weeks and 13 weeks 6 days of pregnancy, when these measurements are most valuable for first-trimester screening.

## Why is it Performed?

The routine part of the first-trimester screening that may be performed to help determine the risk of some chromosomal abnormalities, such as Down syndrome, is called an NT-NB Scan. The scan is a measurement of the fluid-filled area at the back of the baby's neck, and assesses the presence and appearance of the nasal bone. It may also evaluate fetal heart activity, growth, general anatomy, placenta, and other abnormalities as they are appropriate for the gestational age.

## Preparation

- ` Fasting is generally not required.
- Wear comfortable clothing that allows easy access to the abdomen.
- Bring previous ultrasound reports and pregnancy records.
- Carry information about your LMP and expected due date (EDD).

## Procedure

The scan is typically done via the abdomen, with the use of a probe and gel. The sonographer or radiologist evaluates growth within the fetus, measurements, fetal heart activity, and anatomical structures that can be seen. The measurement of NT is made at the correct fetal position at the correct gestational age, and the nasal bone is assessed. In such an instance, a transvaginal examination may be performed if there are poor abdominal images.

## Important Instructions

- Follow the advised bladder preparation, if required.
- Bring previous pregnancy-related reports.
- Provide gestational age and EDD information.
- Inform the doctor about previous pregnancy complications or abnormal findings.
- Remain comfortable and follow instructions during the examination.
- If measurements or structures cannot be adequately assessed, a repeat scan may be recommended.

## Safety Precautions

Ultrasound imaging is a non-ionising, sound wave method. It is typically safe to perform when done properly by trained professionals during pregnancy. The NT-NB Scan is a screening test, not a diagnostic test, and a positive or high-risk result does not identify a chromosomal abnormality. Further screening and/or diagnostic tests may be recommended as appropriate.

## When to Seek Medical Attention?

When there is severe abdominal discomfort, vaginal bleeding and/or fluid leakage, or other worrisome symptoms during a pregnancy, the obstetrician should be notified immediately, and not solely with the help of an ultrasound. The obstetric ultrasound care rendered in Molecular Diagnostics and Therapy centers is provided through suitable imaging methods, under trained medical supervision, allowing fetal assessment, patient safety, and respect for her organization,