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Role of Sonography in Prenatal Counseling about Fetal Congenital Anomalies

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Background: The aim of this article was to describe the application of sonography in prenatal screening of fetal anomalies and providing counseling about them .

Methods: A narrative review was performed within articles published at “PubMed”, “Elsevier”, “SID” and original text books to reach the aim.

Results: Fetal anomalies are a various group of less common but significant congenital structural abnormalities found in human fetus. Nowadays, most of these anomalies are detectable before birth by means of prenatal investigations including “screening sonography” and “maternal serum screening”. Amniocentesis is the last step, when sonography and serum screening show abnormalities. Early detection of fetal anomalies gives us the chance of medical induced abortion if needed. Sonography is an accurate, non-invasive, and cost-effective tool that helps midwives and obstetricians to evaluate fetus health and to detect several fetal anomalies in earlier stage. Sonographic evaluation of fetal anomalies is indicated in 3 periods of time during pregnancy: Two screening examinations at first ([11] ^th to [14] ^th week) and second ([18] ^th to [22] ^th week) trimester, and an anomaly scan at early third trimester ([28] ^th to [32] ^th week). Each examination provides specific information about anomaly markers and guides the midwife or obstetrician about further investigations and giving consultations for mothers, which are discussed in this article.

Conclusion: Screening sonography provides useful information about fetal abnormalities and helps midwives give prenatal counseling about them. Therefore, every midwife needs to learn about the application of which and how to give counseling patients based on sonography reports.

Keywords: sonography, screening, fetus, fetal anomaly