

BIOPHYSICAL PROFILE US PROTOCOL

PURPOSE:

- To evaluate fetal well-being during a 30-minute time frame.

EQUIPMENT:

- 3-5 MHz sector or curved probe

PATIENT PREPARATION & ASSESSMENT:

- The patient must eat or drink Gatorade within the hour prior to examination. If the patient is NPO, then a glucose IV may be used in place of food consumption.
- The patient must not void before the examination.
- Introduce yourself to the patient.
- Verify patient identity via two patient identifiers (name and date of birth) per hospital policy.
- Explain the examination, its purpose and how long it will take.
- Answer any questions the patient may have regarding the examination.
- Obtain patient history including symptoms, signs, risk factors and other relevant history.

GENERAL GUIDELINES:

- M-mode should be used instead of Spectral Doppler to document embryonic/fetal heart rate.
- On STAT labor and delivery and ER patients the following rules apply:
 - Family members are not allowed to observe.
 - The technologist may not show the fetus to the patient.
 - No pictures will be given to the patient.
 - The technologist is not to discuss examination results with the patient.
- Any deviations from the standard protocol and any limitations to the examination should be documented on the technologist worksheet for future reference and for repeatability in follow-up studies.
- Report preliminary critical findings to the referring clinician when appropriate (i.e. immediate medical attention may be warranted) and according to hospital policy.

DOCUMENTATION:

Fetal Movement

Score 2: Three or more discrete body or limb movements within 30 minutes.

Score 0: Absence of movement within 30 minutes.

Fetal Breathing

Score 2: Presence of at least 30 seconds of sustained breathing within 30 minutes.

Score 0: Absence of fetal breathing within 30 minutes.

Fetal Tone

Score 2: One or more episodes of extension or flexion of fetus.

Score 0: Absence of flexion or extension.

Amniotic Fluid

Score 2: Two pockets of fluid of 2 cm or more.

Score 0: Fluid pockets less than 2 cm.