



OBSTETRICAL BIOPHYSICAL PROFILE ULTRASOUND (BPP)

Patient: _____

Appt Date: _____ Ultrasound: _____ am/pm Provider: _____ Time: _____ am/pm

Appt Date: _____ Ultrasound: _____ am/pm Provider: _____ Time: _____ am/pm

Appt Date: _____ Ultrasound: _____ am/pm Provider: _____ Time: _____ am/pm

Location: Diagnostic Imaging Department, lower level at Mankato Clinic
1230 East Main Street, Mankato, MN 56001
Please enter the Mankato Clinic front door (marked #50)

Please check in at the Diagnostic Imaging Department.

If you are unable to keep your appointment or have questions, please call (507) 389-8570.

What is a Biophysical Profile Ultrasound?

A biophysical profile ultrasound uses sound waves, not radiation, and an instrument called a transducer to obtain images of your baby in order to assess your baby’s breathing, fluid around them, body tone, and movements. Sometimes your provider will request measurements of your baby to reassess their size, or to obtain Doppler of the arterial blood flow to your baby.

How do I prepare for the test:

- It is recommended that you eat a meal one hour prior to your test to help increase fetal movement.
• Arriving late may result in rescheduling your test.
• We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
• In order to provide focused and dedicated patient care, only one adult is permitted to view the ultrasound with the mother at a time.
• To provide our best services and safety practices for you during your visit, we ask that young children do not attend parental appointments without supervision and appreciate your understanding. However, if another adult is also in attendance and they are able to supervise your children, we will do our best to accommodate. If there is too much distraction, the Sonographer may need to ask guests to leave the room.

What will happen during the test:

- You may be asked to undress. A gown will be provided.
• You will be asked to lie on a bed.
• Warm gel will be placed on your abdomen and pelvic area during the test.
• A transducer will be moved around on your abdomen and pelvic area during the test.
• The sonographer will take several images.
• This test may take 30-60 minutes to complete for each fetus, depending on what your provider is requesting.

Instructions for after your test:

- You may resume your regular routine unless you have been given other instructions.
• You may be asked to wait until your provider is notified with the test results.
• Sometimes you may need to be seen by your provider or further testing may be necessary.
• The final signed report will be sent to the provider that ordered your test.
• Your test results will be available in your patient portal immediately after your provider reviews them. Your provider will discuss the results with you at your follow-up appointment. If you do not have a follow-up appointment, your provider will contact you by letter or phone within five to seven business days.