

Getting Your Pregnancy Ultrasound | Kaiser Permanente

[Music]

During the first trimester, we want to monitor for the appropriateness of fetal heart tones and growth and development.

We'll do an ultrasound in the office to look and make sure the dating is correct. So, we'll measure what's called a crown-rump length.

It was just kind of incredible to see this tiny little thing that did not even look like a person. It looked more like a bean. And they kind of pointed it out and you could barely catch the little faint heartbeat, and it was just an awesome moment to kind of know that this was real and it was really happening and that in no time at all, it would start to look like a little baby.

I'll never forget the first time I ever heard the heartbeat from an ultrasound. I will never forget. I closed my eyes. I didn't even look at anything and I just listened. And it was... so spectacular. And you'll never forget that. And any woman that hears it for the first time will never forget the sound of it.

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It's one of these milestones during the pregnancy that you can't – where you can just take a deep breath, and you can really start taking that next step to planning and having another member of your family.

[End of recording]