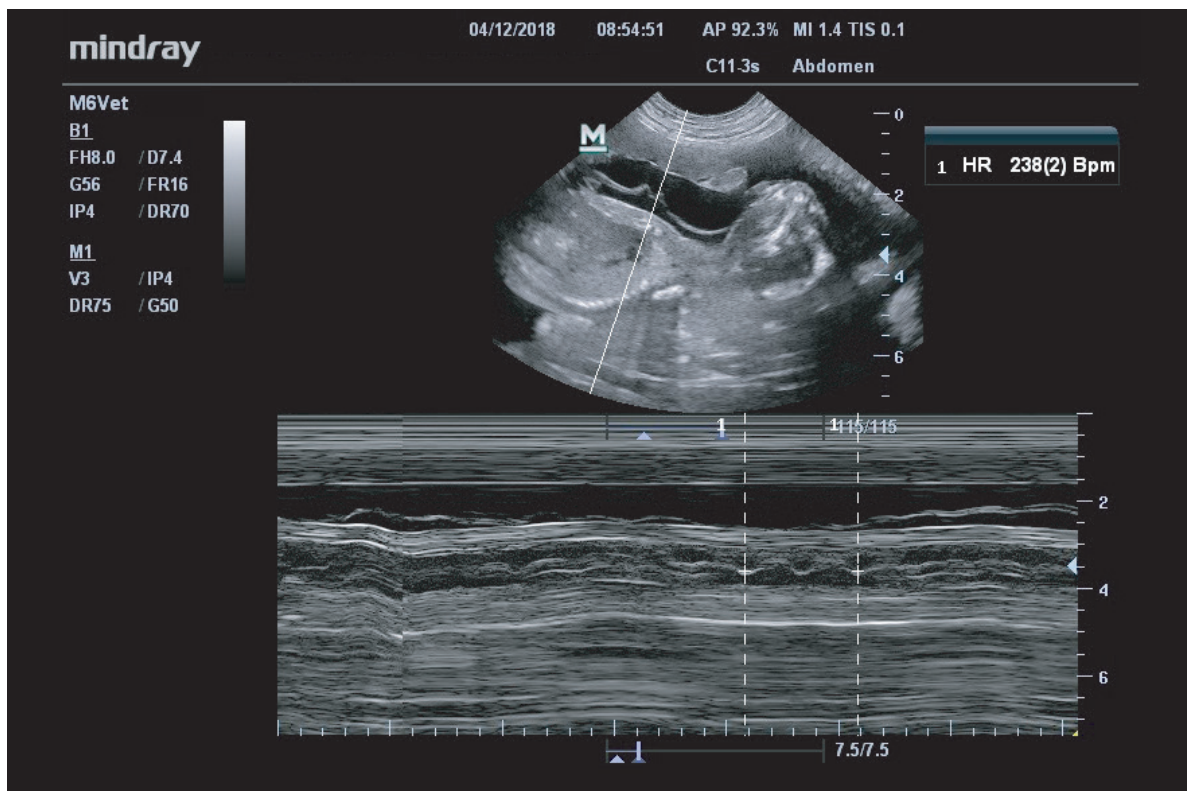


How to Measure Foetal Heart Rates on Your Ultrasound Machine

1. Obtain a standard B-Mode image of the foetus you wish to evaluate with the heart centred if possible on the screen. Make sure you optimise the image!
2. Click on "M-Mode" and a cursor will appear. Adjust the position of this cursor so that it goes through the beating heart.
3. Click on "M-Mode" again to obtain an M-Mode reading.
4. Once a nice trace is obtained hit "Freeze". Most machines have a cine-loop function that lets you scroll back through the previous clip to get the clearest reading.
5. Now hit the measure or caliper function on your machine. A distance cursor will usually appear. Change this to "HR". Place the cursor through the first beat you wish to measure and hit "Select" or "Enter". Place the second cursor at the same point of the next beat OR you may have to go between 2 beats depending on your machine. The number of beats you have to count between will be displayed in brackets. In the case below, the machine calculates an average heart rate over two beats.



If you have pulsed wave Doppler (PW) on your machine, you can use this instead of M-Mode to measure HR by following the same steps. Sometimes it may be easier to use PW *and* you will also get to hear the foetal heart rate at the same time!