

FREQUENTLY ASKED QUESTIONS

Newman Medical MommyDop

Is Doppler Use Safe? Doppler ultrasound is regulated by the FDA. Years of studies have shown no harmful effects on the fetus. The Mayo Clinic says "In 30 years of regular use, no adverse effects have ever been demonstrated from ultrasound testing. Research has been done investigating both the noise produced in utero and the heat produced by ultrasound, and no problems have ever been detected from its use in exposed babies. There is no reason to feel uncomfortable about the use of ultrasound during pregnancy and there are great benefits to using it."

That being said, ultrasound is regulated by the FDA for a reason. Ultrasound can be used in such applications as physical therapy in amounts so strong that it can heat up deep tissues.

The MommyDop is made and tested to FDA regulations in the United States.

Is the MommyDop 'FDA Approved'? The MommyDop is registered with the FDA and, frankly, that is all the FDA does. FDA and ISO compliance is an ongoing requirement and not a one time approval. Doppler manufacturers that say 'FDA Approved' show their ignorance about FDA compliance. The FDA requires medical device manufacturers to make their products under quality systems and good manufacturing principles and to regulate and constantly test their products. Our management team has been doing that since 1976.

Tips on Using the MommyDop Doppler

- A full bladder often helps. It helps push the uterus forward to hear those small fetal heartbeats.
- Early in pregnancy it is good to start in the middle of the abdomen (in line with the belly button) but right above the pubic hair line. If you have already heard the baby's heartbeat at the doctor's office, this is always a good place to start looking.
- Move the Doppler probe slowly — it is easy to scan over the heartbeat.
- Tilt the ultrasound probe downward toward the pubic bone.
- Be sure to use plenty of Doppler ultrasound gel. If you run out, you can order a 8.5 oz bottle of Doppler gel from us or you can try body lotion or KY Jelly. Be sure to remove all air bubbles in the lotion to prevent static.
- It is normal at times to pick up the baby's heartbeat in more than one place. You may hear the same heartbeat a few inches apart — do not be alarmed, the Doppler is just finding the heart in a different location.
- Physicians listen for the difference in two heartbeats to determine if there are two fetuses.

- If you are carrying twins, it can be difficult to distinguish between heartbeats (even physicians have a hard time with this). It is best to count the heartbeats and find two different rates. You can count the beats for 15 seconds and multiply that number by 4 to figure the beats per minute.

Why is the battery symbol on? If the battery symbol is ON and steady, then the battery level is low and the batteries should be replaced soon. If the battery symbol is ON and flashing, then the battery level is critical and the batteries should be replaced immediately. The safety of the MommyDop is NOT dependent on battery level.

What if the unit shuts off during use? The MommyDop has an auto shut off feature to preserve battery life in case of accidental power up. After 3 minutes of non-use, as determined by lack of a correlated heart rate, the MommyDop will shut off automatically.

At what frequency does the MommyDop operate? The MommyDop operates at 2.85MHz. This frequency has been found to be effective at finding the heart beat in most pregnancies.