Introduction
True knot of the umbilical cord (TKUC) is an uncommon complication of pregnancy, usually diagnosed after delivery. Our objective was to examine the accuracy of fetal ultrasound in the diagnosis of TKUM and the outcomes of these pregnancies.

Methods
A prospective study was performed on 56 patients in which TKUC was suspected during the routine level-II anatomical scan. All patients underwent targeted scan of the umbilical cord. Data included demographic data, pregnancy outcome and short term neonatal follow-up. Comparison was made to a 4:1 control group matched for gestational age at delivery.

Results
True knot was indeed observed in 54 fetuses (detection rate of 96.4%). None suffered from diabetes, there was one case of polyhydramnios. The female: male ratio was 1:1.

Maternal age and parity were significantly higher in pregnancies with TKUC. The mean gestational age at delivery was 37.1 weeks' gestation. There were no differences in the birthweight percentile. There were no differences in the rate of cesarean section or Apgar scores. No neonate with TKUC needed ventilation. There were no cases of fetal or neonatal deaths in the pregnancies with TKUC.

Conclusion
The diagnosis of TKUM during targeted scan of the umbilical cord performed during the Level-II anatomical scan is highly accurate. Careful pregnancy follow-up and early term delivery may result in good obstetrical outcomes.