Prenatal diagnosis of true umbilical cord knot and literature review

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Introduction
Pregnant women 41 years old, 1-0-0-1, 27 weeks of pregnancy routine obstetric ultrasound examination, the hemp pattern of umbilical cord was twisted into a group, and the multi angle scan was similar to "8". The diameter of two umbilical arteries and one umbilical vein was normal, the hemodynamic index of the umbilical artery was normal. Three dimensional ultrasound tracked the umbilical cord, and the umbilical cord was highly suspected. 37 weeks +6 days of pregnancy, fetal membrane self rupture, head emergency delivery of a male baby, normal appearance, body weight 3200g, Apgar score 10 points, the umbilical cord into the root of the fetal abdominal wall has a true knot at the root of the root.

Discussion
If suspected of umbilical cord knot by prenatal ultrasound, should be highly valued, strengthen monitoring during the whole pregnancy, pay attention to the changes in the diameter and hemodynamics of the umbilical artery and the umbilical vein in suspected places. Three dimensional color Doppler ultrasound is beneficial to the judgement of the direction of the umbilical cord and the direction of the blood flow, so as to provide more accurate diagnostic information for the clinic. The whole pregnancy should strengthen education and psychological guidance, while strengthening ultrasound follow-up, such as pregnant women's conscious fetal movement and timely medical treatment, so that the potential risk control to the lowest, as far as possible to reduce the occurrence of bad pregnancy outcome.