

**Table 1. Recommended exposure time and index values for obstetric and neonatal ultrasound.**

Application	Values to monitor (A)	Thermal Index value			Mechanical Index value		
		0 - 0.7	0.7 - 3.0	>3.0	0 - 0.3	>0.3	>0.7
Obstetrics up to 10 weeks after LMP (and gynaecology when pregnancy is possible)	TIS and MI	✓	(B) restrict time to 0.7<TIS≤1.0 : 60 min 1.0<TIS≤1.5 : 30 min 1.5<TIS≤2.0 : 15 min 2.0<TIS≤2.5 : 4 min 2.5<TIS≤3.0 : 1 min	Scanning of an embryo or fetus is not recommended, however briefly	✓	✓	(E) risk of cavitation with contrast agents
Obstetrics more than 10 weeks after LMP	TIB and MI	✓	(B) restrict time to 0.7<TIB≤1.0 : 60 min 1.0<TIB≤1.5 : 30 min 1.5<TIB≤2.0 : 15 min 2.0<TIB≤2.5 : 4 min 2.5<TIB≤3.0 : 1 min	Scanning of an embryo or fetus is not recommended, however briefly	✓	✓	(E) risk of cavitation with contrast agents
Neonatal – transcranial and spinal	TIC and MI	✓	(B) restrict time to 0.7<TIC≤1.0 : 60 min 1.0<TIC≤1.5 : 30 min 1.5<TIC≤2.0 : 15 min 2.0<TIC≤2.5 : 4 min 2.5<TIC≤3.0 : 1 min	Scanning of the central nervous system is not recommended, however briefly	✓	✓	(E) risk of cavitation with contrast agents
Neonatal - general and cardiac imaging	TIB and MI recommended	✓	(C) restrict time to 1.0<TIB≤1.5 : 120 min 1.5<TIB≤2.0 : 60 min 2.0<TIB≤2.5 : 15 min 2.5<TIB≤3.0 : 4 min	3.0<TIB≤4.0 : 1 min 4.0<TIB≤5.0 : 15 sec 5.0<TIB≤6.0 : 5 sec TIB>6: not recommended.	✓	(D) Possibility of minor damage to lung or intestine. Minimise exposure time.	(E) risk of cavitation with contrast agents
Fetal Doppler heart monitoring	TI or MI are not usually available for dedicated fetal heart monitors.	The power levels used by dedicated fetal heart monitors are sufficiently low that the use of this modality is not contra-indicated, on safety grounds, even when it is to be used for extended periods.					

- ✓: There is no known reason to restrict scanning times in this region.
- A: Many scanners allow MI and one of the TI values to be displayed simultaneously: the most appropriate TI value depends on the clinical application.
- B: TI > 0.7 - the overall exposure time (including pauses) of an embryo or fetus or of the neonatal central nervous system should be restricted.
- C: TI > 1.0 - the overall exposure time (including pauses) of other parts of the neonate should be restricted.
- D: MI > 0.3 - there is a possibility of minor damage to neonatal lung or intestine. If such exposure is necessary, try to reduce the exposure time as much as possible.
- E: MI > 0.7 - there is a risk of cavitation if an ultrasound contrast agent containing gas micro-spheres is being used. There is a theoretical risk of cavitation without the presence of ultrasound contrast agents. The risk increases with MI values above this threshold.

**Table 2. Recommended exposure time and index values for non-obstetric and non-neonatal ultrasound.**

Application	Values to monitor (A)	Thermal Index value		Mechanical Index value	
		0 – 1.0	> 1.0	0 - 0.3	> 0.7
General abdominal Peripheral vascular Unlisted applications	Usually TIB and MI.  [use TIC and MI if bone closer than 1 cm; TIS and MI only if bone does not come into the image]	✓	(B) restrict time to 1.0<TIB≤1.5 : 120 min 1.5<TIB≤2.0 : 60 min 2.0<TIB≤2.5 : 15 min 2.5<TIB≤3.0 : 4 min 3.0<TIB≤4.0 : 1 min 4.0<TIB≤5.0 : 15 sec 5.0<TIB≤6.0 : 5 sec TIB>6: <b>not recommended</b>	✓	(C) risk of cavitation with contrast agents
Eye	TIS and MI recommended	✓	<b>Scanning of the eye is not recommended</b>	✓	(C) risk of cavitation with contrast agents
Adult transcranial (imaging and stand-alone ) (D)	TIC and MI	✓	(B) restrict time to 0.7<TIC≤1.0 : 60 min 1.0<TIC≤1.5 : 30 min 1.5<TIC≤2.0 : 15 min 2.0<TIC≤2.5 : 4 min 2.5<TIC≤3.0 : 1 min TIC>3: <b>not recommended</b>	✓	(C) risk of cavitation with contrast agents
Peripheral pulse monitoring	TI or MI are not usually available for dedicated peripheral pulse monitors.	The output from CW Doppler devices intended for monitoring peripheral pulses is sufficiently low that their use is not contra-indicated, on safety grounds			

- ✓: There is no known reason to restrict scanning times in this region.
- A: Many scanners allow MI and one of the TI values to be displayed simultaneously: the most appropriate TI value depends on the clinical application.
- B: TI > 1.0 - the overall exposure time (including pauses) should be restricted.
- C: MI > 0.7 - there is a risk of cavitation if an ultrasound contrast agent containing gas micro-spheres is being used. There is a theoretical risk of cavitation without the presence of ultrasound contrast agents. The risk increases with MI values above this threshold.
- D: Transcranial ultrasound investigations may require higher acoustic output or longer monitoring times than other applications. When times longer than those recommended here are required, it is recommended that monitoring is paused regularly to minimise exposure.