

## PRENATAL TESTS

**ULTRASOUND**-An ultrasound is done to determine the due date, the position of the baby and the placenta, and the size of the baby. It is also used to detect some fetal abnormalities. An ultrasound is painless, non-invasive and accurate. Sound waves are bounced off the fetus and back to a video screen where they create an image of the baby.

Although there is presently no proven risk from ultrasound, it is done routinely, but only for the above reasons. If scheduled, you will need to have a full bladder. Please drink 32 ounces of water one hour before the exam, and do not urinate.

**ULTRASCREEN**-This screening test is done at the perinatologist's office. It is a combination of a special ultrasound and a blood test which provides information about the health of the fetus. It identifies women who may have an increased risk of having a baby with certain defects like Down Syndrome or Trisomy 18.

A small amount of blood is taken, usually from the fingertip, to measure the levels of two proteins, **freeBeta-hCG** and **PAPP-A**, which are normally found in the blood of all pregnant women. The ultrasound exam measures a thin layer of fluid normally found at the back of the fetal neck called the **nuchal translucency (NT)**. A large nuchal translucency (increased width) may be a sign of a chromosomal abnormality or a heart problem in the baby. This screen is safe for you and the fetus.

The blood test is performed between 11-13 weeks. The blood test with the NT detects 91% of Down syndrome, 97% of Trisomy 18, 40% of heart defects and some other birth defects.

\* Insurance Notice \*

You need to make a choice about receiving this service

While many insurance companies cover the cost of the Ultra-Screen (also called a first trimester screening) we cannot guarantee that your insurance company will. The fact that your insurance may not pay for a particular item does not mean that you should not receive it. There may be a good reason why your doctor recommended it. We want you to make an informed choice about whether or not you want to receive this service knowing that you might have to pay for it yourself.

It is recommended that you check with your insurance company about coverage for this test. The CPT (billing) codes that you will need are:

- Free beta-hCG: 84704
- PAPP-A: 84163
- Ultrasound: 76813

**AFP TETRA**-This test is used to identify neural tube birth defects. If problems arise during the formation of the brain and spinal cord, the infant may be born without a brain (anecephaly), or with an "open spine" (spina bifida). Alpha-fetoprotein (AFP) is secreted by every fetus as it grows. AFP can be detected in the mother's bloodstream. A fetus with neural tube defects will secrete large amounts of AFP. The test is done during the 15<sup>th</sup> and up to 19<sup>th</sup> weeks of pregnancy. It is offered to all pregnant patients, but as an optional test.

**GENETIC SCREENING**-Testing for genetic health may be advised based on the mother's age or other risk factors. Your physician or nurse will discuss these options with you if advisable.

**CYSTIC FIBROSIS SCREENING**-Cystic fibrosis carrier screening will be offered to you as an option. This simple blood test will show if you carry the CF gene. If your test is positive, it is advisable that the father of the baby also be tested.

**BLOOD SUGAR**-Blood sugars are checked between 24 and 28 weeks to determine if you have gestational diabetes. The test consists of drinking glucose (sugar water) and having blood drawn one hour later.

**RH TITER**-If you are RH negative, a blood test will be done at approximately 28 weeks to determine if antibodies have developed. If you are RH negative, you will be given a separate brochure that explains the RH factor and the medication Rhogam.

**CBC**-A complete blood count may be checked between 24 and 28 weeks with your blood sugar test, and again at 35 weeks to check for anemia during your pregnancy.

**NST**-Nonstress test is a test that measures fetal heart rate as the fetus moves. An instrument is attached to the mother's abdomen (an electronic fetal monitor). Fetal movements are felt by the mother or noted by the doctor or nurse.

**HIV**- A blood test for the virus that may cause AIDS, this test is highly recommended for all women, especially those with increased risk factors.