



## Prenatal Testing Overview

Pregnancy is an exciting time in life, as you go from a pregnancy test to delivery. Part of our goal is to make sure you're healthy and that you deliver the healthiest baby possible.

There is a lot of testing in pregnancy; most of it is completed by 20 weeks. For blood work, we will send you to an outside lab, depending on what is in-network for your insurance. For ultrasounds, we use the Obstetrix Medical Group, located in Campbell, CA. Here's a brief overview of the routine testing we do:

### First visit, standard prenatal testing:

- Blood test: Blood type & count, tests for infection, thyroid, diabetes, and more
- Urine test: urine culture
- Ultrasound (in the office): to establish an accurate due date

### First trimester genetic screening (non-invasive testing for the risk of a genetic abnormality in your baby):

- Non-Invasive Prenatal Testing (NIPT) (10 weeks or later): measures fetal DNA in maternal blood and reports risk of genetic abnormalities and gender with 99.9% accuracy.
- Genetic carrier screening\*: test mother for major genetic diseases you may carry.

### Second trimester genetic screening (non-invasive testing for the risk of a genetic abnormality in your baby):

- Blood test (15-19 weeks): measures four proteins in the maternal blood ("Quad screen")
- Ultrasound (at Obstetrix, 18-22 weeks): full anatomic scan of the baby (includes gender determination). This ultrasound includes a **transvaginal** portion to measure your cervical length, this is a highly recommended screening exam, please be prepared to undress from the waist down.

### 24-week testing:

- Blood test: screening for gestational diabetes and a repeat blood count
  - This test is non-fasting and requires that you remain in the lab for an hour

### 36-week testing:

- Vaginal test: swab of the vagina and rectum to test for Group B strep bacteria

\*Tests that only needs to be done once in a lifetime, not repeated with each pregnancy

Routine ultrasounds in pregnancy include one (6-8 weeks) to confirm your due date and a (18-22 weeks) for evaluation of fetal anatomy. If both you and your baby are doing well, there are **no other routine ultrasounds** in pregnancy. We will advise you if more testing is necessary.

Something to keep in mind: 2-3% of all babies are born with a significant birth defect. We can discover most of them (over 95%) during pregnancy with the above testing, but we are unable to find 100% of birth defects.