



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 **perinatology offices** to ensure the highest quality evaluation. 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.
 - We recommend add-on sex chromosome aneuploidy testing
- Genetic carrier screening*: test mother for major genetic diseases you may carry.

Second trimester screening:

- Ultrasound (at perinatology office: 18-22 weeks): full anatomic scan of the baby. This ultrasound includes a trans**vaginal** portion to measure your cervical length, this is a highly recommended screening exam, please be prepared to undress from the waist down.
- Some patients will have a 22 week fetal echo, also at the perinatology office

24-week testing:

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

32-week testing:

- Ultrasound for fetal growth (at perinatology office)

36-week testing:

- Vaginal test: swab of the vagina and rectum to test for Group B Strep (GBS) bacteria

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

Routine ultrasounds in pregnancy include one (6-10 weeks) to confirm your due date, one at 18-22 weeks for evaluation of fetal anatomy, and most women will need one at 32 weeks for assessment of fetal growth. 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.