



El Camino Women's Medical Group

Obstetrics, Gynecology, Infertility & Minimally Invasive Surgery

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 ensure you're healthy and 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 which labs are in-network for your insurance. For ultrasounds, we use **perinatology offices** (often called MFMs) 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.
 - Be prepared to let us know if you would like gender to be included in your report.
- Genetic carrier screening*: test the mother for major genetic diseases you may carry.
- For higher-risk patients, a 12–14-week early anatomy ultrasound is an option.

Second-trimester screening:

- Ultrasound (at MFM office: 18-22 weeks): full anatomic scan of the baby. 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.
- Some patients will have a 22-week fetal echo, also at the MFM 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 MFM office)

36-week testing:

- Vaginal test: swab of the vagina and rectum to test for Group B Strep (GBS) bacteria.
- For higher-risk patients, a 36-week growth ultrasound is an option.

*Tests that only need 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 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. An earlier 12-14 week anatomy ultrasound and/or a 36 week growth ultrasound may be recommended to you based on your health conditions. 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 over 95% during pregnancy with the above testing, but we are unable to find 100% of birth defects.