

*There are many tests available to give you more information about your pregnancy, and your choices may seem confusing. This brochure is designed to give you more information about those options and help you to decide which is right for you.*

### **What you should know:**

1. The decision to have any of these tests is yours.
2. There are two types of prenatal tests, **screening** tests and **diagnostic** tests. This pamphlet only discusses **screening** tests.
3. **Screening** tests tell you if you are at higher risk to have a baby with certain types of problems. There are no risks to you or your baby with these tests.
4. If this **screening** test suggests a problem, you will get information about **diagnostic** tests. These **diagnostic** tests will tell you if that problem is there or not.
5. About 3 or 4 of every 100 babies born have some type of problem or birth defect. Neither **screening** nor **diagnostic** tests can find all problems.
6. Most often **screening** and **diagnostic** tests will be covered by your medical insurance and/or medical coupons.

For more information or to schedule an appointment please speak with your physician or contact us:

**Central Washington  
Genetics Program  
509-575-8160**

Transportation is available for patients with medical coupons through

People for People  
1-800-233-1624

Residents in Klickitat County may contact Medical Transportation at the Human Services Council  
1-800-752-9422.

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## **PRENATAL SCREENING OPTIONS**

*Information for you about screening for birth defects in your pregnancy*



## CHROMOSOME ABNORMALITIES AND BIRTH DEFECTS

The tests described in this brochure are designed to look for specific types of problems with babies. These problems include **chromosome abnormalities, open neural tube defects, abdominal wall defects, and heart defects.**

◆ **Chromosome abnormalities** are problems with the genetic instructions for how a child develops physically and/or mentally. *(One example is Down syndrome. Children with Down syndrome have some degree of mental retardation and sometimes have physical defects such as heart problems. There are several other types of chromosome abnormalities that could be found by these tests, but they are much rarer.)*

◆ **Open neural tube defects** are openings in the baby's spine or skull.

◆ **Abdominal wall defects** are openings in the baby's stomach area. These types of defects can range from mild to severe. Some can be fixed fairly easily with surgery, but some are more complex.

◆ **Heart defects** may include unusual blood vessels in the heart or the wrong number of heart chambers.

Screening is offered to give you more information and support to help you make the best decisions for your baby and your family.

## Prenatal Screening Options

### First Trimester (up through 13 weeks)

**Integrated Screen** – Best chance to identify women at higher risk to have a baby with a chromosome problem, open neural tube defect, abdominal wall defect, or heart defect. *(Finds more chromosome problems than 2<sup>nd</sup> trimester screening.)*

Method:  
Ultrasound and blood test at 10-13 weeks  
and blood test at 15-21 weeks

**Serum Integrated Screen** - Identifies women at higher risk to have a baby with chromosome problem, open neural tube defect, or abdominal wall defect. *(Finds more chromosome problems than 2<sup>nd</sup> trimester screening, but slightly fewer than the Integrated Screening.)*

Method:  
Blood test at 10-13 weeks  
and blood test at 15-21 weeks

### Second Trimester (14 to 24 weeks)

**Quad Screen** – Identifies women at higher risk to have a baby with a chromosome problem, open neural tube defect, or abdominal wall defect. *(Doesn't find heart defects like Integrated Screen does.)*

Method:  
Blood test at 15-21 weeks

**Level II Ultrasound** - Identifies some birth defects and some cases of chromosome problems.

Method:  
Detailed ultrasound to look for physical abnormalities at 18-22 weeks

**For all screening options there is no risk to the baby.**

**Screening does not provide a definite answer, it is a risk estimation only.  
Screening cannot find all birth defects.**