KAISER PERMANENTE®

# Prenatal Testing Options

## After 21 weeks of pregnancy

Prenatal testing helps find some birth defects before a baby is born. This information may help you decide which tests are right for you.

### AMNIOCENTESIS

Tests the fluid around the baby. There's a very small risk of miscarriage (about 1 in 1000) with this procedure.

Results show if the baby has a chromosome condition and can tell the baby's sex. This test finds more chromosome conditions than cell-free DNA screening (*see below*).

Results take about 2 weeks, but may be ready sooner. Follow-up testing is rarely needed.

### CELL-FREE DNA SCREENING (cfDNA)
**also called NON-INVASIVE PRENATAL TESTING (NIPT)**

Tests a blood sample from your arm.

Results show if the baby has a higher or lower chance for 3 chromosome conditions: Down syndrome, trisomy 18, and trisomy 13. It can also predict the baby's sex.

Initial cfDNA results take about 2 weeks. Final results can take longer if follow-up testing is needed.

Possible results from cfDNA:

**Screen Negative (low-risk) result**: No follow-up is needed. It's very unlikely the baby will have Down syndrome, trisomy 18, or trisomy 13. cfDNA doesn't screen for any other chromosome conditions or any other birth defects.

**Screen Positive (high-risk) result:** There is a high chance for a chromosome condition. You will be offered genetic counseling and diagnostic testing. Amniocentesis or testing after birth is needed to know if the baby actually has the condition.

**No Result**: For a small number of people, cfDNA screening does not give any result. You can repeat cfDNA or choose to have amniocentesis.

### MSAFP SCREENING

Tests a blood sample from your arm. Can only be done before 24 weeks in pregnancy.

Results show if the baby has a higher or lower chance for open birth defects of the spine and belly (For example: spina bifida or abdominal wall defects). If the result shows a high risk, you will be offered genetic counseling and ultrasound to learn more about the baby's health.

MSAFP results take about 2 weeks.

### TO HELP YOU DECIDE

Do you want to know about birth defects during pregnancy?

Results help us decide if extra care is needed during pregnancy and childbirth. Timing of results is important.

If a serious problem is found:

- **BEFORE 24 WEEKS:** You can continue your pregnancy or choose to end the pregnancy.
- **AFTER 24 WEEKS**: Ending a pregnancy after 24 weeks is usually not an option, but there are some exceptions.

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