



## **PRENATAL SCREENING**

### **Routine screening for all pregnant women**

We want you to have a healthy pregnancy and a safe delivery of a healthy baby. Help us care for you by getting the recommended prenatal screening tests.

#### **First trimester screening**

Blood tests:

- CBC (blood counts)
- Blood type (A, B, AB or O)
- Rh factor (negative or positive)
- Hepatitis B (a viral infection of the liver)
- Rubella immunity (German or 3-day measles)
- Syphilis (a sexually transmitted infection)
- HIV (the virus that causes AIDS)

Urine test:

- Urinalysis (to check for infection and other abnormalities)

Cervical swabs:

- Gonorrhea (a sexually transmitted infection)
- Chlamydia (a sexually transmitted infection)
- PAP test (to check for pre-cancer cells of the cervix)

Skin test:

- TB test (to check for exposure to tuberculosis)
  - This test should be done and read at your primary care doctor's office.

#### **26 week screening**

Blood tests:

- Repeat CBC
- One hour 50 gram glucose challenge test (pregnancy diabetes check)

#### **36 week screening**

Vaginal swab:

- Group B strep (bacteria that can cause infection in the baby)

#### **A special note about HIV testing:**

HIV is the virus that causes AIDS. If infection with HIV is detected early in pregnancy, medication can be given which will help protect both the mother and the baby. A blood test for HIV is part of routine prenatal lab testing by California state law, and does not require a special consent. Any patient has the right, test with your initial prenatal labs, you may request to be tested for HIV at a later date, including during labor and delivery.

Costs for routine prenatal screening tests are generally covered by insurance, but check with your plan to verify. Additional testing costs vary, and may not be covered by insurance.

## **Additional Prenatal Testing**

Your doctor or nurse practitioner may order additional testing during your pregnancy depending on your history, family history, physical examination findings, and initial screening results. Following are some of the possibilities.

### **First trimester glucose screening (one hour)**

For women at higher risk for pregnancy diabetes

### **Three hour glucose tolerance test**

Diagnoses pregnancy diabetes in women with an abnormal one hour result

### **26 week Rh test**

For Rh negative women prior to Rhogam injection at 26 to 28 weeks

### **First trimester combined screening**

Combined screening is indicated if a woman is at increased risk of having a fetus with Down syndrome, trisomy 18, or other birth defects. This screening is noninvasive, performed between 11 and 14 weeks. Women who are found to be at increased risk may be offered further testing which may include chorionic villus sampling (CVS), amniocentesis, and high-resolution ultrasound.

### **If you will be age 35 or over at the time of delivery**

Birth defects (such as Down syndrome) are more common in pregnant women over age 35. Genetic counseling, first trimester combined screening, amniocentesis, chorionic villus sampling (CVS), high-resolution ultrasound, and the Expanded AFP test for women over 35 may be offered.

### **Cystic fibrosis (CF) screening**

This test can help determine if you are at increased risk for having a child with CF. If you have a family history of CF, you are more likely to carry the gene than someone from a non-affected family. The risk is increased if you are of Northern European background.

### **Urine toxicology**

Occasionally we may collect a urine sample to test for substance use in pregnancy. This is for clinical use only, with no legal consequences.

### **Fetal fibronectin testing**

Vaginal swabs may be performed in the third trimester to help identify women at high risk for preterm labor.