



Pregnancy and Preconception Concerns

Are you having trouble getting pregnant?

Have you had multiple miscarriages?

Do you have a family history of a medical condition that you are concerned might affect your baby?

Are you planning a pregnancy and have questions about genetic testing during pregnancy?

Are you considering assisted reproductive technology, such as in vitro fertilization (IVF), and want to know more about your genetic testing choices?



If you can relate to these questions, you may benefit from a [Preconception Genetic Counseling Consultation](#).



What to expect from your Preconception Genetic Counseling Consultation

[Our team](#) of certified genetic counselors is dedicated to helping you navigate your genetic health and provide up-to-date care recommendations. Your genetic counselor can:

- Do a thorough medical and [family history](#) review
- Help you explore and make decisions about screening and diagnostic testing options during pregnancy
- Review how genes, birth defects, and medical conditions can run in families, and how they might affect your family's health, including future pregnancies
- Discuss various causes of [male](#) and/or [female](#) infertility
- Provide support and information

[Schedule Appointment](#)

How to prepare for your appointment

It is important for you and your partner/family to come to your appointment with any specific questions or concerns that you have so that the genetic counselor can be sure to address those during your visit.

A [Preconception Genetic Counseling Consultation](#) also includes a detailed medical and [family history](#), so it may be helpful to talk with relatives (as well as your partner's relatives) ahead of the visit to gather information about their health history. Some things to ask about can include:

- Significant health or medical concerns
- Diagnosis of a genetic condition
- Babies who have had to have surgery
- Babies who have died shortly after birth
- Family members with any delays (not walking or talking on schedule, needing help in school, [autism spectrum disorder](#), etc)
- Women who have had three or more miscarriages, and
- Women who have gone through menopause before the age of 40

It is common for there to be limitations to gathering family health history, including a loss of contact, family members not wanting to share their health history, or someone being adopted. It is helpful to gather as much information that is comfortable to ask for.



Common reasons for Preconception Genetic Counseling Consultation

- Personal and/or family history of a genetic condition or [birth defect](#)
- Questions about prenatal [screening](#) options ([ultrasound](#), [maternal serum screening](#), [cell-free DNA/NIPT screening](#), [genetic carrier screening](#), etc) or [diagnostic](#) testing ([chorionic villus sampling \(CVS\)](#) or [amniocentesis](#))
- Couples who are related by blood (such as cousins)
- A history of [infertility](#) or multiple miscarriages

Please visit our [FAQ page](#) for billing, insurance, and other common questions.

Questions? Please call us at 844.743.6384.