



## **Pregnancy: Testing and Concerns**

*Are you pregnant and feeling overwhelmed by all of the genetic testing options that are available during pregnancy?*

*Have you had some genetic testing during your pregnancy, but have more questions or would like to discuss it further with a specialist?*

*Was a concern raised regarding something seen on your [ultrasound](#) and you'd like to discuss it further with a specialist?*

*Do you have a [family history](#) of a medical condition and are concerned it could be passed on to your pregnancy?*



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



## What to expect from your Prenatal 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:

- Help you explore and make decisions about your options for [screening](#) and [diagnostic](#) testing during a pregnancy
- Review how genes, [birth defects](#), and medical conditions can run in families, and how they might affect your family's health, including current and future pregnancies
- Interpret prenatal [screening](#) or [diagnostic](#) testing results, including potential causes for unexpected [ultrasound](#) findings
- 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.

If there are specific results that you would like to discuss with the genetic counselor ([ultrasound](#) reports, prior test results, etc), it is important to make sure that information is sent to GSF *before* your scheduled appointment so that the genetic counselor has an opportunity to review everything before meeting with you. If you're concerned about any medication exposures during your pregnancy, make sure to make a list of all medications you've taken during your pregnancy.

A [Prenatal 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 Prenatal Genetic Counseling Consultation**

- Mother (or egg donor) will be 35 years old or older at the time of delivery
- Personal and/or [family history](#) of a genetic condition or [birth defect](#)
- Prenatal [screening](#) test which suggest an increased chance for a [chromosome condition](#), [birth defect](#), or other health concern in the pregnancy
- [Ultrasound](#) findings, such as [minor markers](#) or [birth defects](#)
- Interest in prenatal [diagnostic](#) testing by [chorionic villus sampling \(CVS\)](#) or [amniocentesis](#)
- Drug or medication use in pregnancy
- Couples who are related by blood (such as cousins)

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

**Questions? Please call us at 844.743.6384.**