Are you currently 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, or have other questions related to genetic testing and your pregnancy, then you may benefit from a Prenatal Genetic Counseling Consultation.

**What can you expect from a Prenatal Genetic Counseling Consultation?**

We are a team of certified and independent genetic counselors dedicated to helping people navigate their genetic health and provide up-to-date care recommendations. Our genetic counselors 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

**How to prepare**

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:

- any significant health or medical concerns
- any diagnosis of a genetic condition
- any babies who have had to have surgery
- any babies who have died shortly after birth
- anyone in the family with any delays (not walking or talking on schedule, needing help in school, autism spectrum disorder, etc)
- any women who have had three or more miscarriages, and
- any women who have gone through menopause before the age of 40.

It is common for their 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.

**How much does a Prenatal Genetic Counseling Consultation cost?**

The cost for genetic counseling is $200, which can be paid securely online by credit card or arrangements can be made to pay by check. It is both the philosophy and practice at GSF that genetic services, including genetic counseling, should be available to those in need, regardless of ability to pay. For this reason, we have financial aid available for those who qualify.

**Do you accept insurance?**

In some cases, insurance will cover genetic counseling services provided by telehealth. Coverage varies by state and also by insurance plan. We are pleased to assist you by billing your insurance. However, you are required to provide us with the most correct and updated information about your insurance, and will be responsible for any charges if the information provided is not correct or updated. Patients are responsible for the payment of co-pays, co-insurance, deductibles, and all other procedures or treatment not covered by their insurance plan. We encourage you to check with your insurance to see the limitations of your specific plan.

Alternatively, you may elect to pay for the visit prior to your appointment using your credit card and submit claims to insurance on your own.
If you feel you may qualify for financial assistance for this service, contact GSF to access our financial aid policy.

**Common reasons for Prenatal Genetic Counseling Consultation**

GSF genetic counselors see individuals for a wide spectrum of questions or concerns related to planning a pregnancy. Some of the more common reasons someone may seek a Prenatal Genetic Counseling Consultation include:

- 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)

Many patients and families can also benefit from genetic counseling with no specific indication.

**Scheduling your Prenatal Genetic Counseling Consultation**

We provide our Prenatal Genetic Counseling Consultation most commonly via a secure video conferencing service to provide telehealth directly to your home. If you are interested in meeting with a genetic counselor, schedule an appointment with one of the genetic counselors at GSF.