Introduction to Prenatal Testing Options

Sutter Health
Palo Alto Medical Foundation

Would you like genetic testing?

- **YES**
  - Screening
  - Diagnostic
- **NO** Declines testing

No pregnancy test can detect every possible condition, but tests can provide more information. All are optional. Insurance companies provide various levels of coverage, and out-of-pocket costs can range significantly. PAMF provides the CPT or billing codes so you can check for coverage.

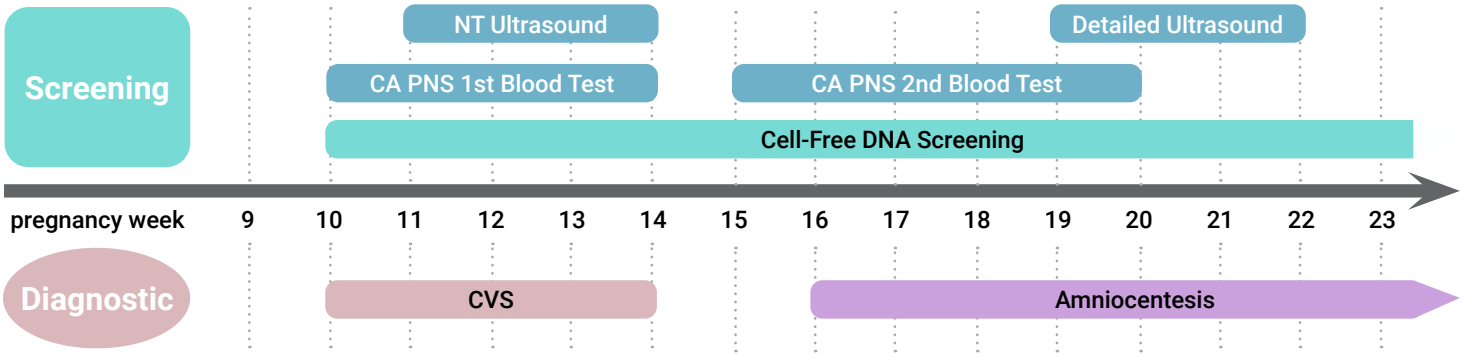
Screening Test*

- **California Prenatal Screening Program**
  - **Sequential Integrated Screening**
    CPT Codes: 81508, 81511, 76813, 76801
    → **Blood Test:** 10 - 13+6 weeks
    NT Ultrasound: 11+2 - 14+2 weeks
    Blood Test: 15 - 20 weeks
  - **Serum Integrated Screening**
    CPT Codes: 81508, 81511
    → **Blood Test:** 10 - 13+6 weeks
    Blood Test: 15 - 20 weeks
- **Cell-Free DNA (NIPS/NIPT)**
  → **Blood Test After 10 Weeks**
  CPT Codes: 81507, 81420

**Any abnormal test results are followed by a meeting with a genetic counselor.*

Diagnostic Test

- **Chorionic Villus Sampling (CVS)**
  → **10-14 Weeks**
  CPT Codes: 59000, 76946
- **Amniocentesis**
  → **After 15 Weeks**
  CPT Codes: 59015, 76945



Screening Tests

Screening tests provide probabilities (odds) that a baby will have certain conditions, but screening tests can't detect all cases. There is no risk for miscarriage from these screening tests. We provide two pregnancy-screen options.

Option 1: California Prenatal Screening Program

- Combines blood test(s) with or without a nuchal translucency ultrasound with a person's age-related risk.
- Screens for Down syndrome, trisomy 18, open neural-tube defects such as spina bifida, and Smith-Lemli-Opitz Syndrome.

Two approaches:

Sequential Integrated Screening (3 Steps)

1. First trimester blood test: 10 weeks to 13 weeks plus 6 days
2. Nuchal translucency ultrasound: 11 weeks 2 days to 14 weeks 2 days
3. Second trimester blood test: 15 weeks to 20 weeks

OR

Serum Integrated Screening (2 steps)

1. First trimester blood test: 10 weeks to 13 weeks plus 6 days
2. Second trimester blood test: 15 weeks to 20 weeks

Option 2: Cell-Free DNA Screening

(also called Noninvasive Prenatal Screening/Testing, or NIPS/NIPT)

- Blood test after 10 weeks.
- Screens for Down syndrome, trisomy 18, trisomy 13 and missing or extra sex chromosomes.

Diagnostic Tests

Diagnostic tests provide a yes or no answer to whether a baby has a known condition, and can test for conditions that screening tests would miss. Although diagnostic tests are invasive, the risk of a procedure-related pregnancy loss is rare: 1 in 1,000 (0.1%).

CVS (chorionic villus sampling): 10 to 14 weeks of pregnancy

- Analyzes a small sample of the placenta.
- Performed by using a catheter passed through the cervix or by inserting a needle through the abdomen.

Amniocentesis: after 15 weeks of pregnancy

- Analyzes a small sample of amniotic fluid.
- Performed by inserting a needle through the abdomen.

Expanded Carrier Screening

This blood test determines whether someone is a carrier for an inherited condition. Expanded carrier screening tests check for a multitude of genetic conditions, including cystic fibrosis, Tay-Sachs disease, thalassemia, spinal muscular atrophy and fragile X syndrome. Please check with your provider for additional information.