

Congratulations!

Pregnancy is often a time of excitement and anticipation. Are you making plans for the arrival of your new little one—dreaming about what your child will be like? As you prepare for your baby, talk with your healthcare provider to choose the tests that are right for you and your baby.

Staying healthy as a mom is key to having a healthy baby. It's a fact – getting early and regular prenatal care improves the chances of a healthy pregnancy.¹

Testing while expecting (prenatal) offers the best way to identify pregnancy complications as early as possible. This testing will help you understand more about the health of you and your baby and help make better health care decisions. Your doctor will be able to advise you on treatment to solve or manage unexpected conditions.

Talk to your doctor about which tests are right for you.



Manage test stress by communicating with your physician or midwife.

Ask what tests and screenings your physician plans to conduct and when. Most prenatal tests are covered by insurance,² while some are not if you're not considered high-risk. Contact your insurance provider to find out specifics about what is covered by your individual plan.

Some factors increase risk in pregnancy⁴:

- Existing health conditions
- Overweight and obesity
- Multiple gestations (eg, twins, triplets...)
- Young age and first-time pregnancy after age 35

Additional Resources:

ACOG Frequently Asked Questions for Pregnancy:
www.acog.org/-/media/For-Patients/faq133.pdf

Learn more about genetic disorders and prenatal genetic testing at www.integratedgenetics.com.

LabCorp Patient™ portal allows patients to access lab results. A mobile app is also available for download.



References

1. What is prenatal care and why is it important? <http://www.nichd.nih.gov/Availableat:http://www.nichd.nih.gov/health/topics/pregnancy/conditioninfo/prenatal-care>. Accessed July 8, 2019.
2. American Academy of Pediatrics; American College of Obstetricians and Gynecologists. Guidelines for Perinatal Care. 8th ed. Elk Grove, IL: AAP; Washington, DC: ACOG; 2017.
3. Common Genetic Prenatal Tests and Screenings During Pregnancy - What to Expect. Available at: <https://www.whattoexpect.com/pregnancy/pregnancy-health/prenatal-testing-most-common-genetic-tests-during-pregnancy/>. Accessed July 16, 2019.
4. What are some factors that make a pregnancy high risk? National Institutes of Health. <http://www.nichd.nih.gov/>. Available from: <http://www.nichd.nih.gov/health/topics/high-risk/conditioninfo/factors>. Updated November 6, 2018. Accessed May 13, 2019.



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Healthy Moms, Healthy Babies

Testing While EXPECTING



LabCorp Specialty Testing Group

Testing While Expecting

Talk to your doctor about what tests are right for you.

The lab tests that are listed are recommended or suggested by the American College of Obstetricians and Gynecologists (ACOG) for all women as part of routine prenatal care. These tests can help find conditions that can increase the risk of complications for you and your baby.²

First Trimester

Initial OB Visit

- Complete blood count (CBC)
- ABO grouping & Rh typing (blood type)
- Antibody screen
- Hemoglobin electrophoresis
- Hepatitis B virus
- HIV
- Rubella titer (German measles)
- Syphilis
- Tuberculosis (TB)*
- Urine culture (tests urine for bacteria)
- Urinalysis
- Chlamydia/gonorrhea*
- Pap test*
- Urine drug screen**
- Toxoplasmosis*
- Hepatitis C virus*
- Cytomegalovirus (CMV)*
- Parvovirus B19*
- Varicella zoster virus* (chicken pox)

Genetic Screening

Your doctor will discuss risks and benefits of genetic tests.

Carrier Screening

Most babies are born healthy. However, disorders like cystic fibrosis and other genetic conditions can occur. Carrier testing is usually performed on the mother. If the test is positive, the partner will be tested.

- Cystic fibrosis and spinal muscular atrophy***
- Ethnicity-based screening*
- Panethnic screening*

Non-Invasive Prenatal Testing (NIPT)

With a blood draw from you as early as nine weeks into your pregnancy, non-invasive prenatal testing can screen for certain chromosomal abnormalities that could affect your baby's health and development.

- Trisomies 13, 18, 21 (eg, Down Syndrome)
- Genome-wide testing (all 23-pair chromosomes)

Biochemical Aneuploidy Screening, Part 1

Maternal serum screening tests with or without ultrasound determine if a pregnant woman is at increased risk of having a baby with certain birth defects.

- First trimester screen with nuchal translucency
- Sequential Screening Part I
- Integrated Part 1

Second Trimester

Biochemical Aneuploidy Screening, Part 2

- Sequential part 2
- Integrated part 2
- Maternal serum alpha-Fetoprotein (AFP)

Third Trimester

- Gestational diabetes
- Antibody screen if patient is Rh negative
- Complete blood count (CBC)
- HIV (high-risk patients rescreened)
- Syphilis (high-risk patients rescreened)
- Chlamydia/gonorrhea
- Group B *Streptococcus*

Post Delivery

- Diabetes screening

* As determined to be appropriate ** With consent and in accordance with law *** Population screening



Genetic counseling is available during all stages of pregnancy.