



Pregnancy is a dynamic time. Whether you're looking for carrier screening, routine tests or more advanced diagnostic testing, Labcorp is one of the few laboratories that can deliver pregnancy insights while providing a true continuity of care and support throughout the entire pregnancy and beyond.

#### Some factors increase risk in pregnancy<sup>1</sup>

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

#### Manage test stress by communicating with your physician or midwife

Ask what tests and screenings your physician plans to order and when. Most prenatal tests are covered by insurance.<sup>2</sup> Contact your insurance provider to find out specifics about what is covered by your individual plan.

#### Additional Resources:

#### Frequently Asked Questions by the American College of Obstetricians and Gynecologists (ACOG):

[acog.org/womens-health/faqs/having-a-baby](http://acog.org/womens-health/faqs/having-a-baby)



Learn more about testing while you are expecting

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



#### References

1. 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/highrisk/conditioninfo/factors>. Updated November 6, 2018. Accessed May 13, 2019.
2. Common Genetic Prenatal Tests and Screenings During Pregnancy - What to Expect. Available at: <https://www.whattoexpect.com/pregnancy/pregnancy-health/prenataltesting-most-common-genetic-tests-during-pregnancy/>. Accessed July 16, 2019.



Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc., registered in the U.S. and other countries. Google Play and the Google Play logo are trademarks of Google LLC.

©2023 Laboratory Corporation of America® Holdings. All rights reserved. DX\_PI\_L20440-0223-3



#### PATIENT INFORMATION

# Testing While Expecting

Key testing insights during your pregnancy journey



# Testing While Expecting

It's very important to get early and regular prenatal care. And laboratory testing assists your doctor in monitoring your pregnancy and the health of your baby.

## 1<sup>ST</sup> TRIMESTER

### Initial Screening

Consists of laboratory testing aligned with current clinical guidelines and recommendations to evaluate your health status early in pregnancy:

- Complete blood count (CBC)
- ABO grouping and 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 counseling and other key health insights are available during all stages of your pregnancy journey.

### Carrier Screening

Most babies are born healthy. However, genetic disorders can occur. Inheritest® Carrier Screen is a genetic test that can help you learn if you (and if indicated, your partner) are a carrier of variants in certain genes associated with disorders like cystic fibrosis or spinal muscular atrophy. Early insight can help you better prepare for the future.

### Noninvasive Prenatal Screening (NIPS/NIPT)

With a blood draw from you as early as nine weeks into your pregnancy, MaterniT® can screen for certain chromosomal abnormalities that could affect your baby's health and development:

- Trisomies 13, 18, 21 (e.g., Down syndrome)
- Genome-wide testing (all 23 pairs of chromosomes)

### Biochemical Aneuploidy Screening, Part 1

Maternal serum screening assays are another noninvasive option to help determine the risk of certain birth defects in your baby. These can be done in both the first and second trimesters:

- First trimester screen with nuchal translucency
- SequentialScreen part 1
- IntegratedScreen part 1

## 2<sup>ND</sup> TRIMESTER

### Biochemical Aneuploidy Screening, Part 2

- SequentialScreen part 2
- IntegratedScreen part 2
- Maternal serum alpha-Fetoprotein (AFP)

## 3<sup>RD</sup> TRIMESTER

To protect pregnant women and infants, the CDC recommends that all pregnant women get tested for HIV, hepatitis B virus (HBV), hepatitis C virus (HCV), and syphilis during each pregnancy.

Additional testing:

- Gestational diabetes
- Antibody screen if patient is Rh negative
- CBC

## POST DELIVERY

- Diabetes screening

