



Are you  
pregnant?

## First Trimester Screening (FTS)

it's your  
choice

### PRENATAL SCREENING

Every pregnant woman hopes for a healthy baby. Although most babies are healthy, it's normal to wonder about your baby. This pamphlet describes a prenatal screening test called FTS. A screening test does not tell for sure whether or not your baby is healthy. It can tell if you have a lower or higher chance than usual of having a baby with Down syndrome.

***It's your choice whether you want to have FTS. Talk to your health care provider before deciding if FTS is right for you.***

### WHAT IS DOWN SYNDROME?

All people with Down syndrome have mental handicap and some have physical handicaps. They are also more likely to have medical problems. Each person with Down syndrome is different and there is no way to know how serious the mental handicap will be. There is no cure for Down syndrome but resources are available to help persons with Down syndrome and their families.

Any woman at any age can have a baby with Down syndrome. However, the chance increases with a woman's age. For example, a woman who is 40 has a higher chance of having a baby with Down syndrome than a woman who is 20.

### CAN PRENATAL SCREENING FIND OTHER PROBLEMS?

Prenatal screening is not designed to find other problems. Occasionally the result of your prenatal screen can tell your health care provider about the possibility of other problems. If this happens, you will receive more information from your health care provider. In some situations, your health care provider will refer you for genetic counselling.

### WHAT IS FIRST TRIMESTER SCREENING (FTS)?

FTS is a prenatal screen that uses an early ultrasound and a blood test to give your chance of having a baby with Down syndrome in this pregnancy.

### HOW IS FTS DONE?

You make an appointment with your health care provider as early as possible to discuss FTS.

If you decide to have FTS, an ultrasound is arranged between 11 weeks and 13 weeks + 6 days of pregnancy. The ultrasound is used to check the age of the baby and to measure the nuchal translucency (NT). The NT is the thickness of the skin at the back of the neck of the developing baby.

Next, you have a blood test to measure levels of a protein and hormone that occur naturally in pregnancy. The blood test is also done between 11 weeks and 13 weeks + 6 days of pregnancy and usually after the ultrasound. It can even be done on the same day.

***An FTS result is sent to your health care provider only after the ultrasound AND blood test are done.***

### WHAT DOES A 'SCREEN POSITIVE' RESULT MEAN?

About 5 in 100 women will have a 'screen positive' result. If your result is 'screen positive', the chance that your baby might have Down syndrome is higher than usual. A 'screen positive' result can cause worry. However, most women with a screen positive result do not have a baby with Down syndrome.



### WHAT HAPPENS IF THE RESULT IS 'SCREEN POSITIVE'?

If your result is 'screen positive', deciding what to do next can be difficult. Your health care provider will discuss your result with you. You may also be referred to a genetic counsellor. Both can explain your result and tell you about your choices for more testing. Only more testing can tell you if your baby really has Down syndrome.

### DO I WANT MORE TESTING?

If your result is 'screen positive', you can choose whether you want more testing to find out if the baby really has Down syndrome. You will be offered chorionic villus sampling (CVS) or amniocentesis. During CVS, a small piece of the placenta is taken and tested for Down syndrome. During amniocentesis, a small amount of fluid is taken from the area around the baby and tested for Down syndrome. CVS will cause a miscarriage in about one out of every 100 women who have it. Amniocentesis will cause a miscarriage in about one out of every 200 women who have it.

***Most times, amniocentesis or CVS will show that your baby does not have Down syndrome.***

### WHAT IF THE EXTRA TEST TELLS ME THAT THE BABY HAS DOWN SYNDROME?

Your health care provider and/or genetic counsellor will discuss this with you in detail. Some people choose to continue their pregnancies, while others choose to end their pregnancies.

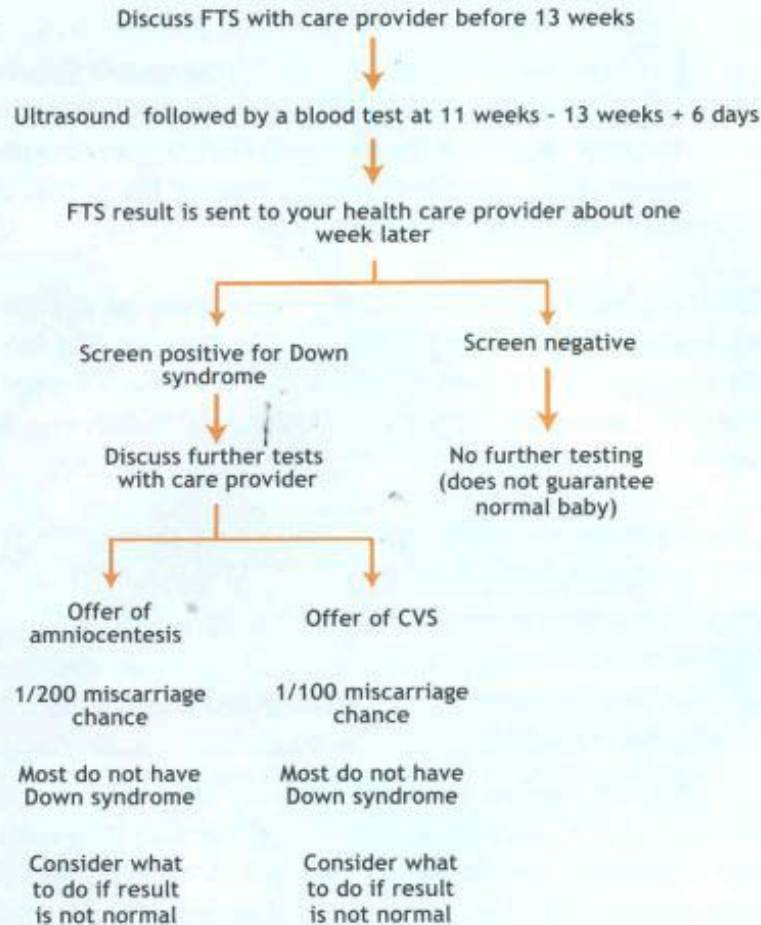
### WHAT DOES A 'SCREEN NEGATIVE' RESULT MEAN?

If the nuchal translucency measurement and the levels of the proteins in the blood are in the usual range, then the result is called 'screen negative'. Further testing is not offered.

About 95 in 100 women will have a screen negative result. Although most women with a screen negative result will have normal babies, *FTS can miss a small number of babies with Down syndrome.*

***If you have questions or are interested in having FTS, speak with your health care provider as early as possible in your pregnancy.***

## FTS FLOW DIAGRAM



## ASK FOR THE SCREENING COUNSELLOR AT ONE OF THE FOLLOWING LOCATIONS

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| <p><b>Hamilton</b><br/>Hamilton Health Sciences<br/>Regional Prenatal Diagnosis Service<br/>4B Clinic, McMaster Campus<br/>1200, rue Main Ouest<br/>Hamilton ON L8N 3Z5<br/>(905) 521-2100 ext 76247</p> <p><b>Kingston</b><br/>Division of Medical Genetics<br/>Kingston General Hospital<br/>20, rue Barre<br/>Kingston ON K7L 3J6<br/>(613) 533-6310</p> <p><b>London</b><br/>Medical Genetics Program of Southwestern Ontario<br/>London Health Sciences Centre<br/>800 Commissioners Road East<br/>London ON N6A 5W9<br/>(519) 685-8140</p> <p><b>Mississauga</b><br/>Genetics Clinic<br/>Credit Valley Hospital<br/>2200, avenue Eglinton Ouest<br/>Mississauga ON L5M 2N1<br/>(905) 813-4104</p> <p><b>North Bay</b><br/>Bureau de santé<br/>du district de North Bay-Parry Sound<br/>681, rue Commercial<br/>North Bay ON P1B 4E7<br/>(705) 474-1400</p> <p><b>North York</b><br/>Hôpital général de North York<br/>4001, rue Leslie<br/>Toronto ON M2K 1E1<br/>(416) 756-6055</p> <p><b>Orillia</b><br/>Simcoe County Genetics Services<br/>Orillia Soldiers' Memorial Hospital<br/>170, rue Colborne Ouest<br/>Orillia ON L3V 2Z3<br/>(705) 327-9154</p> <p><b>Oshawa</b><br/>Clinical Genetics<br/>Lakeland Health Oshawa<br/>1 Hospital Court<br/>Oshawa ON L1G 2B9<br/>(905) 433-2733 Fax (905) 721-4757</p> <p><b>Ottawa</b><br/>Programme régional de génétique de l'est de l'Ontario<br/>Centre Hospitalier pour enfants de l'est de l'Ontario<br/>401, chemin Smyth<br/>Ottawa ON K1H 8L1<br/>(613) 737-7600 ext 2138</p> | <p><b>Peterborough</b><br/>Genetics Program<br/>Peterborough County-City Health Unit<br/>10 Hospital Drive<br/>Peterborough ON K9J 8M1<br/>(705) 743-1000</p> <p><b>Sault Ste. Marie</b><br/>Algoma Public Health<br/>Genetic Counselling<br/>63 East Street, Unit 1<br/>Sault Ste-Marie ON P6A 3C4<br/>(705) 541-7057 Fax (705) 759-5953</p> <p><b>Scarborough</b><br/>Rouge Valley Health System-Censary Site<br/>Genetics Clinic<br/>2867 Ellesmere Road<br/>Scarborough ON M1E 4B9<br/>(416) 281-7425</p> <p><b>Sudbury</b><br/>Hôpital Régional de Sudbury<br/>Genetics Counselling Services<br/>41, chemin Ragsdale<br/>Sudbury ON P3E 5J1<br/>(705) 675-4786 Fax (705) 523-7178</p> <p><b>Thunder Bay</b><br/>Bureau de santé du district de Thunder Bay<br/>999, rue Balmoral<br/>Thunder Bay ON P7B 6E7<br/>(807) 625-5924 Fax (807) 623-4341</p> <p><b>Timmins</b><br/>Bureau de santé de Pocoupine<br/>273, avenue Third, Suite 103<br/>Timmins ON P4N 8B7<br/>(705) 267-1181 Fax (705) 268-4443</p> <p><b>Toronto</b><br/>Prenatal Diagnosis Program<br/>L'Hôpital Mt. Sinai<br/>700, avenue University<br/>Ontario Hydro Edifice, 3e étage<br/>Toronto ON M5G 1Z5<br/>(416) 586-4946</p> <p><b>Windsor</b><br/>Windsor-Essex County Health Unit<br/>Genetics Services<br/>1005, avenue Ouellette<br/>Windsor ON N9A 4J8<br/>(519) 258-2146 Fax (519) 258-8431</p> <p><b>York</b><br/>Genetics Clinic<br/>York Central Hospital<br/>10, rue French<br/>Richmond Hill ON L4C 4Z3<br/>(905) 883-1212 ext 7579 Fax (905) 883-2231</p> |
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