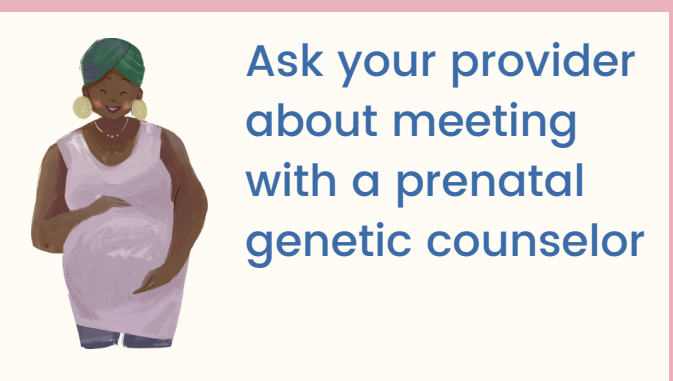




# genetic counseling PRENATAL

## what is prenatal genetic counseling?

prenatal genetic counseling is a discussion between a genetic counselor and a person and/or family interested in learning about how genetics may impact their future or current pregnancy



### Ask your provider about meeting with a prenatal genetic counselor

## common reasons to meet with a genetic counselor

1. a personal or family history of a genetic condition
2. pregnancy over the age of 35
3. abnormal ultrasound findings
4. high risk or positive genetic screening or test results
5. multiple miscarriages or pregnancy losses

## what will a genetic counselor do?

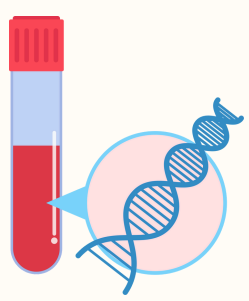
- address questions and concerns about reproductive risks, such as birth differences or genetic conditions
- review family history and pregnancy exposures to optimize pregnancy outcomes
- work with your obstetricians, midwives, maternal-fetal-medicine doctors, and other providers to ensure well-rounded care during pregnancy
- guide you through your genetic screening and testing options during pregnancy
- review any test results during pregnancy
- help you understand a positive or high-risk result
- provide support throughout your reproductive and/or pregnancy journey
- help you and your providers prepare for pregnancy and birth of a child with unique needs

## types of genetic tests

There are many different types of prenatal screens and tests your genetic counselor may discuss with you



ultrasounds



blood tests



diagnostic tests

## Why would I do genetic testing in pregnancy?

Genetic counselors aim to empower you with knowledge to be informed about your and your family's health.

Knowing about your baby's genetic risks can 1) help you plan and prepare as a parent 2) allow you to make pregnancy management decisions, and 3) optimize your prenatal care.

In some cases, genetic testing can help explain a situation and provide guidance for a path forward.

## Common genetic test names

- carrier screening
- cell-free DNA/ NIPT
- biochemical serum screening
- CVS or amniocentesis
- newborn state screening program

