



# FIRST TRIMESTER SCREENING

## HOW IS FIRST TRIMESTER SCREENING PERFORMED?

*First trimester screening combines a maternal blood sample with an ultrasound evaluation of the early developing fetus. By combining the results of the blood test, the ultrasound evaluation and the maternal age, the risk of having a pregnancy affected with Down syndrome or Edward syndrome can be determined.*

## WHY AM I BEING REFERRED FOR THIS TEST?

*First trimester screening requires specialized training, certification, and state-of-the-art ultrasound equipment usually only available at specialized prenatal diagnostic centers.*

## WHAT IS THE FIRST TRIMESTER SCREENING?

First trimester screening is a non-invasive test that provides a pregnant woman with information about her risk of having a baby with Down syndrome (trisomy 21) or Edward syndrome (trisomy 18).

## WHO IS AT RISK FOR HAVING A CHILD WITH DOWN SYNDROME OR EDWARD SYNDROME?

Every pregnancy is at some risk of being affected with Down syndrome or Edward syndrome. While most people think that only women who are 35 years of age or older are at risk for having a pregnancy affected with Down syndrome, the majority of Down syndrome cases occur in women less than 35 years of age (because that is the age group that has the most pregnancies). Still, per pregnancy, advancing maternal age equates to increased risk of having a pregnancy affected with trisomy 21 or trisomy 18.

## HOW ACCURATE IS FIRST TRIMESTER SCREENING?

The accuracy of first trimester screening is approximately 85 percent with a false positive rate of approximately 5 percent. That means that approximately 85 of 100 affected pregnancies will be identified as "screen positive" and approximately 5 percent of normal pregnancies will be identified as being at risk. It is important to know that a negative screening test does not completely rule out the chances that a pregnancy will be affected with Down syndrome — it merely gives a risk assessment.

## ARE THERE ALTERNATIVE SCREENING TESTS?

The only alternative screening is a maternal serum test performed between 15 and 20 weeks, otherwise known as "maternal serum screening test" or "AFP test". The accuracy is approximately that of the first trimester screen but results are provided at least 4 weeks later in a pregnancy than the first trimester screening test.

## WHAT IS THE DIFFERENCE BETWEEN A SCREENING TEST AND A DIAGNOSTIC TEST?

A screening test provides a risk assessment while a diagnostic test provides a definitive result. For example, a first trimester screening test will provide a result that identifies the odds a pregnancy will be affected with Down syndrome with an amniocentesis or chorionic villus sample will provide a definitive "yes" or "no" answer.

## DOES FIRST TRIMESTER SCREENING DETECT OTHER ABNORMALITIES?

Yes. Although not part of the exam, numerous other abnormalities are detected at the time of the first trimester screen. This is largely due to the high resolution ultrasound equipment used to perform the first trimester screen.

### **Diablo Valley Perinatal Associates**

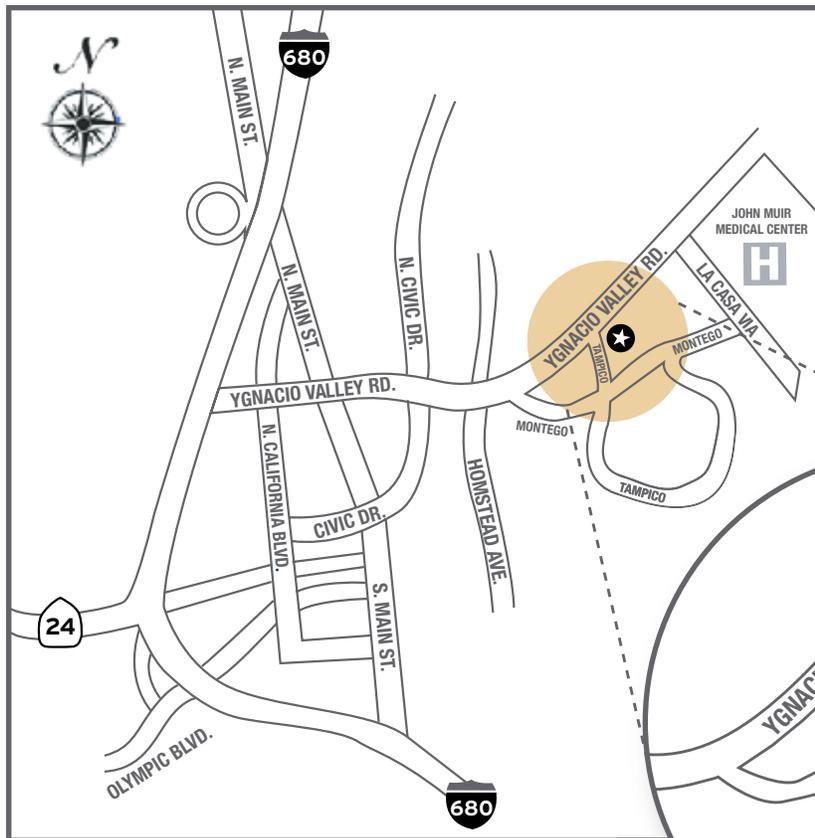
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# DIRECTIONS



**110 TAMPICO DRIVE  
SUITE 100  
WALNUT CREEK, CA 94598**

FREE Parking available.

## FROM THE SOUTH BAY

Follow I-680 North to Walnut Creek.  
Take the Ygnacio Valley Rd exit.  
Turn right onto Ygnacio Valley Rd.  
Turn right onto Tampico.  
Turn left into first driveway.

## FROM THE WEST

Follow CA-24 East through the Caldecott Tunnel.  
Keep left, follow signs for I-680 N/Sacramento/Concord  
Take Ygnacio Valley Rd exit.  
Turn right onto Ygnacio Valley Rd.  
Turn right onto Tampico.  
Turn left into first driveway.

## FROM THE NORTH BAY

From Interstate 80, merge onto I-680 South.  
Exit N. Main Street (southbound) in Walnut Creek.  
Turn left onto Ygnacio Valley Rd.  
Turn right onto Tampico.  
Turn left into first driveway.



**DIABLO VALLEY  
PERINATAL ASSOCIATES**

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