

# A Look into Your First-trimester Visit at Perinatal Associates of the Mid-Atlantic



## What is a first-trimester screening?

Historically, first-trimester screening comprises a blood test and specialized ultrasound to identify pregnancies at an increased risk for Down syndrome, trisomy 13 and trisomy 18. Screening occurs between 11 weeks, 3 days and 13 weeks, 6 days of pregnancy. It is typically performed in maternal-fetal medicine (MFM) practices, like Perinatal Associates of the Mid-Atlantic, part of Pediatrix® Medical Group.

## What can you expect at our practice?

With state-of-the-art medical care, your first-trimester visit with Perinatal Associates of the Mid-Atlantic entails much more than first-trimester screening. The specialized ultrasound, known as a nuchal translucency scan or NT scan, will screen for increased NT, a common early sign associated with disorders like chromosomal conditions and congenital heart defects. Our physicians also look for other structural anomalies detectable on the ultrasound, such as uterine malformation and acrania (partial or total absence of the skull, head anomalies, abdominal wall defects and skeletal anomalies).

We offer various genetic testing and screening options. In addition to first-trimester screening, we offer non-invasive prenatal screening for common chromosomal conditions and fetal sex. We also offer carrier screening for families interested in learning about the risk for some recessive genetic conditions. Prenatal diagnostic testing, chorionic villus sampling and amniocentesis can be discussed and arranged within our offices if needed. We have genetic counselors on-site to help you with all screening and testing needs.

Additional risk factors may be identified during your visit by reviewing family, medical and pregnancy histories. In addition to meeting with an MFM specialist, diabetic nurses and genetic counselors are available to our patients.

We look forward to serving you and your family.

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