The FTS study will be supervised by Dr John Cooper. Dr Cooper is an Obstetrical Specialist and is the Director of the Early Pregnancy Assessment Unit – Victoria. He is accredited by the Fetal Medicine Foundation in London, England.

First Trimester Screening is not currently insured in the Province of British Columbia. The current cost of the test is $525.00.

While this pamphlet is designed to be as informative as possible, it is very brief in nature. It should not replace the advice or guidance of your maternity physician or midwife.

Early Pregnancy Assessment Unit

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Early Pregnancy Assessment Unit

The Early Pregnancy Assessment Unit – Victoria is the only clinic on Vancouver Island offering a comprehensive FTS Program with Nuchal Translucency and First Trimester Serum Biochemistry. It is accredited with the Fetal Medicine Foundation.

This is a Two-Stage OSCAR Program (One Stop Clinic for Assessment of Risk). Final results are available within a day or two of completing the test. Only FTS gives a prenatal risk result prior to fourteen weeks.

All results are promptly communicated to yourself and your maternity physician or midwife.

Genetic counseling is available to answer questions and help with the interpretation of risk assessment.

Patient Information Pamphlet

The Victoria Early Pregnancy Assessment Unit

First Trimester Screening

First Trimester Screening

Every pregnant woman hopes for a healthy baby. And the vast majority of babies are healthy. However all women, whatever their age, have a small risk of developing a baby with impaired physical and / or mental function. In some cases this is caused by a fetal chromosomal abnormality.

This pamphlet describes a prenatal screening test called First Trimester Screening (FTS). First Trimester Screening is a powerful new technique that assists doctors in identifying pregnancies at an increased risk.

First Trimester Screening:

- **Nuchal Translucency Ultrasound Examination (NT Scan)**

  Nuchal translucency is a small layer of fluid at the back of the baby's neck. All babies have this layer of fluid. In the case of a chromosomal abnormality, the thickness of this fluid pocket tends to be increased.

  An NT Scan measures this thickness and is used to screen for chromosomal abnormalities, the most common of which is Down's Syndrome.

  The nuchal translucency is only present in the early stages of the baby's development. For this reason, the NT Scan must be performed between 11 and 14 weeks.

  The NT Scan is like any other ultrasound procedure. During the ultrasound scan, images are acquired using soundwaves that carry no risk to yourself or your unborn child.

- **Maternal First Trimester Serum Biochemistry**

  To increase the accuracy of the FTS, The NT Scan is performed in conjunction with a blood test known as the "Maternal First Trimester Serum Biochemistry". This blood test is used to measure the level of two hormones: (1) free β-hCG and (2) PAPP-A. Pregnancies affected by genetic problems often have abnormal levels of these two hormones.

Results

The results from your NT Scan and your blood test will be combined, together with other factors such as your age, to generate a risk profile for your pregnancy. This risk assessment provides a ninety percent detection rate for chromosomal abnormalities. However it does not guarantee a normal baby.

FTS results are usually available immediately after your NT Scan examination. You will be provided with a copy of your FTS Report. A copy will also be sent to your maternity physician or midwife.

General Information

First Trimester Screening is available on referral from your maternity physician / midwife or you can call directly to arrange the appointment.

The blood test should be performed prior to your NT Scan appointment. The best time for the blood test is around eleven weeks. Please contact the clinic to schedule an appointment for the blood test.