



Standard Blood Work, Labs and Ultrasounds in Pregnancy

Prenatal Panel

A prenatal panel is a group of blood tests that are done early in pregnancy, usually at the first prenatal visit. The tests are used to check for diseases and infections that can affect the health of the pregnancy. The results are often used as a baseline for pregnancy health, alert your midwife to any health issues that may complicate the pregnancy and the information can guide treatment if needed. A prenatal panel usually includes the following tests:

- Complete blood count (CBC). This test measures the different parts and features of your blood, including red blood cells, white blood cells, and platelets. A CBC can help diagnose a variety of health problems, such as anemia, clotting disorders, and infections.
- Blood type and Rh factor. This test finds out your blood type (A, B, AB, or O) and checks your Rh factor. Rh factor is a type of protein found on the surface of red blood cells. If your blood cells have this protein, you are Rh positive. If they don't, you are Rh negative. If you are Rh negative and your unborn baby is Rh positive, your body may begin to make antibodies against your baby's blood.
- Rubella, also known as German measles, is a viral infection. This test shows if you have immunity to rubella. This means you have been vaccinated against rubella or have been infected with it in the past. If a woman gets infected with rubella during pregnancy, it can put her baby at risk for serious birth defects.
- Hepatitis B and C are viruses that infect the liver. The hepatitis virus can be passed from a pregnant woman to her unborn baby.
- Sexually transmitted diseases (STDs). Most pregnant women are tested for chlamydia, gonorrhea and syphilis early in pregnancy. An STD can lead to miscarriage or infect your baby during delivery. An STD can be dangerous to a newborn. It may cause blindness, breathing problems, or other health issues.
- HIV is a virus that attacks the immune system and can lead to AIDS (acquired immunodeficiency syndrome). If you have HIV, you may pass along the virus to your unborn baby. Many pregnant women are tested for HIV, and some states require testing.
- Hemoglobin A1c (HA1c) is used in identifying pregnancies at increased risk for diabetes (prediabetes).
- Urine analysis and culture.

There is no preparation involved for these labs. Just please make sure to eat if having blood work can make you lightheaded. Although, a hydrated body is preferred for blood draws.

These tests will consist of a blood draw, a sterile urine sample and a DIY vaginal swab.

I am more than happy to discuss these labs in more depth. So do not hesitate to let me know if you have questions. Please let me know if there is any other testing you are interested in having performed.

Genetic Screening

This blood work can be performed as early as 9 weeks gestation.

NIPT

[Non-Invasive Prenatal Testing](#) is a blood test performed on a pregnant person that analyzes cell-free fetal DNA in their blood to screen for common chromosomal abnormalities (Down's Syndrome). The test can also screen for other conditions such as microdeletions and sex chromosomes abnormalities. It is a non-invasive screening tool, meaning it only screens for the risk of these conditions and is not a diagnostic test.

Please see the option list below and let your midwife know which option is best for you:

Options

- Core Test: Screens for trisomies 13, 18, and 21.
- Core + SCA: Includes all Core features plus sex chromosome aneuploidies.
- Core + ESS: Includes all Core features plus enhanced sequencing series that examines seven clinically relevant microdeletions and two additional chromosomal regions, trisomies 22 and 16.
- Core + ESS + SCA:
A comprehensive option including Core, SCA, and ESS features.
- Fetal gender identification is available with all options.

For more information and to check for insurance coverage, please see the website [Labcorp Women's Health](#)

Carrier Screening

Carrier screening offerings include Inheritest—with seven panels: 500 PLUS, 300 PLUS, 100 PLUS, High Frequency Panel, 14-gene Panel, Core Panel, CF/SMA Panel—and many single-gene tests for patients who may only want to screen for a specific disorder, such as cystic fibrosis, spinal muscular atrophy or fragile X syndrome.

For more information, please contact a [Genetic Counselor](#) with Lab Corp to learn about your options.

Gestational Diabetes Screening/ CBC/ RPR

This is performed between 24-28 weeks.

The blood work is performed to check how the body processes sugar during pregnancy. While diet can play a role in Gestational Diabetes, the physiology behind GDM plays out through placental function and the body's ability to produce insulin while in a pregnant state. For more information, read the GDM informed consent.

At this time a CBC will also be added to the blood work, as well as a recheck for syphilis (RPR) due to the increase in positive serology amongst persons within child bearing age.

GBS/ Group Beta Strep

This test is performed between 35-37 weeks gestation.

GBS is a type of bacteria that can be found in the genital tract during pregnancy. It is usually harmless, but it can cause serious infections in newborns if it is present during labor and delivery.

The test is performed using a swab to collect vaginal and rectal bacteria.

Ultrasounds

Ultrasounds are a tool used for many reasons throughout pregnancy. In early pregnancy, it can help accurately date a pregnancy. Half way through pregnancy an anatomy scan is performed to ensure appropriate fetal growth, anatomy and detail placental placement. In the second half of pregnancy, ultrasounds are sometimes ordered to show the baby's position, check amniotic fluid levels and/ or fetal growth. In post date pregnancies, a non-stress test is used to determine fetal health and well being.

With the exception of the 18-20 weeks anatomy scan, ultrasounds are ordered on an as needed basis.