

## A 'low risk' result...

Your baby has a less than 1:250 risk of Down's and is at low risk. You will probably decide not to have an invasive test. A 20 week detailed scan should be carried out as normal at your NHS hospital, or can be arranged privately at Cambridge Fetal Care.

## An 'increased risk' result...

Your baby has a risk of greater than 1:250 of having Down's, but in the majority of cases still has a much higher chance of being normal. Invasive testing may either be arranged through the NHS with a GP or Obstetric referral, or privately through Cambridge Fetal Care.

## Who does the scan?

At Cambridge Fetal Care, scans are performed only by experienced sonographers or specialist fetal medicine trained doctors. We have been providing private ultrasound screening, obstetric ultrasound and invasive tests to women in Cambridge and the Eastern Region since 2001.

## How do I know that there won't be a mistake with the results?

All doctors and sonographers submit an annual audit through the Fetal Medicine Foundation. The laboratory that undertakes the blood tests is nationally accredited and its

performance subject to rigorous review through NEQAS and DQASS quality assurance schemes. We collect outcomes on pregnancies and audit our screening results internally.

The latest data detailing our unit's screening performance is contained in: *Babbur V, Lees CC, Goodburn SF, Morris N, Breeze AC, Hackett GA. Prospective audit of a one-centre combined nuchal translucency and triple test programme for the detection of trisomy 21. Prenatal Diagnosis. 2005 Jun;25(6):465-9.*

## If you have questions

If you require further information or an appointment, please contact:

**Cambridge Fetal Care**  
**01223 217227**

This phone is operational on most weekday evenings, and we will telephone you back if you leave a message. If you are continuing ongoing care and testing at your local hospital or another unit, you may also contact the antenatal screening co-ordinator or obstetric teams there.

[www.fetalcare.co.uk](http://www.fetalcare.co.uk)

Consultants:  
Mr C Lees and Mr G Hackett



## Down's Syndrome Screening

Addenbrooke's   
NHS Trust

## CAMBRIDGE FETAL CARE: DOWN'S SYNDROME SCREENING

### What is Down's syndrome?

Down's syndrome affects a small number of babies born each year in the UK. We have 46 chromosomes, made up of 22 chromosome pairs and a pair that determines our sex. In Down's syndrome, there is an extra chromosome number 21 in each cell. Babies may have physical abnormalities such as a hole in the heart, and a variable degree of learning difficulties ranging from mild to severe. It is impossible to tell how severely affected a Down's baby will be from doing prenatal tests.

### Who is at risk?

Any woman can have a baby with Down's syndrome. Older women are more at risk, as are women who've had a Down's syndrome baby before. Your partner's age, problems in previous pregnancies or with your health do not affect your risk.

### Why screen for Down's?

Many parents want to know whether they are at risk of having a Down's baby as this will help their decision regarding definitive diagnostic testing such as amniocentesis or chorion villus sampling (CVS). As a guide, women with an 'increased risk' for having a Down's baby at term based upon a screening

test, that is a risk of 1:250 or greater, are offered an invasive test. Invasive tests are not offered to all women as there is a small risk of miscarriage of about 1% following the procedure. The screening tests may identify pregnancies at risk of conditions other than Down's syndrome, in which case we will discuss further investigations with you.

### What about existing tests?

Confusingly, there are a number of ways of assessing the risk of Down's syndrome in a pregnancy using various combinations of blood tests and ultrasound scans.

### What does Cambridge Fetal Care offer?

National guidance suggests that a Down's screening test should pick up over 75% of babies with Down's if the highest risk 3% of women undergo invasive testing. We've designed the service around the optimal time for the individual blood tests and scans allowing a high detection rate for Down's. This will however require two visits to the hospital, and one to your GP surgery or midwife:

8–10 weeks: **PAPP – a blood test:**  
at Cambridge Fetal Care.

*Appointment +waiting time: typically 20 minutes  
An early dating/viability scan can be arranged to coincide with this appointment and will add approximately 20 minutes.*

11–14 weeks: **Nuchal translucency scan:**  
early detailed scan of baby and definitive dating. Interim combination risk assessment at Cambridge Fetal Care with the scan + PAPP-A result given; CVS offered if result is 'increased risk', greater than 1:100 chance of Down's.

*Appointment time: typically 30 minutes for the scan and counselling but this is variable depending on baby's position and any difficulties obtaining the best images so allow some extra time.*

14+ weeks **Triple blood test:**  
This test is carried out at your GP surgery, with your midwife or at Cambridge Fetal Care.

15+ weeks **Final combination risk assessment** taking into account PAPP-A, nuchal scan and triple test sent to you within 1 week. We will telephone you to discuss amniocentesis or CVS if the final result is 'increased risk' (greater than 1:250 chance of Down's).

### What if I miss the 8–10 week blood test?

Don't worry. We'll just take your blood at the time of the nuchal scan. Although the result won't be available at the time of the scan, it will be sent to you with the final combination risk assessment after 14 weeks.