

## First Trimester

### Prenatal Genetic Screening

Some babies are born with genetic or chromosomal differences, such as Down Syndrome. Prenatal screening can tell you the chance of having a baby with certain chromosomal differences. We offer all expectant parents prenatal screening.

There are two prenatal screening tests that can be done:

#### 1. Non-invasive prenatal testing (NIPT)

- This is the most accurate prenatal screening test, compared to other testing.
- NIPT is a blood test that can detect chromosomal differences.
- There is no risk to the pregnancy.
- NIPT can be done from **10 weeks pregnant** until the end of the pregnancy.
- NIPT is not publicly funded unless you meet certain criteria. The cost of this screening test is around \$300. Most insurance companies do not cover this cost.
- NIPT is publicly-funded if you meet certain criteria, please talk with your doctor

#### 2. Enhanced First Trimester Screening (eFTS)

- This screening test combines blood test results and an ultrasound of your baby to check for specific chromosome differences.
- eFTS can be done between **11 and 14 weeks** of pregnancy.

### Additional Resources:

[Sinai Health - Routine Prenatal Screening Tests](#)  
[Prenatal Screening Ontario](#)

# Routine Tests in the First Trimester

## 1. Blood tests

- **(CBC) Complete Blood Cell and Iron Studies**
  - Checks for iron deficiency anemia (low blood count) and possibly other blood abnormalities.
- **Blood Group and Screen**
  - Determines your blood type (A, B, AB, or O) and Rh status (positive or negative). If the mother is Rh-negative, further monitoring and treatment may be needed to prevent complications in future pregnancies.
- **Infectious Disease Screening**
  - HIV
  - Hepatitis B and C
  - Syphilis (VDRL/RPR)
  - Rubella (German Measles) Immunity
  - Chlamydia and gonorrhea testing
  - The purpose of this testing is to prevent transmission and provide early treatment if needed.

## 2. Urine Test

- Checks for infection

## 3. Ultrasound

- This ultrasound is done to confirm your due date and ensure your baby is growing as expected.
- It is done around **11 to 14 weeks** of pregnancy

## Second Trimester

### Anatomy Ultrasound

- In the second trimester, around **19 weeks**, you will get an anatomy ultrasound to check how your baby's body parts and organs are developing.
- Sometimes, the baby's position might be hard for the radiologist to see everything clearly. If this happens, you may be asked to repeat the ultrasound. This is common and usually not a cause for concern.
- If abnormalities are seen on the ultrasound, the doctor may order additional ultrasounds to monitor your baby's growth and development.

### Glucose Testing

- **Glucose Challenge Test:**

- Between **24 to 28 weeks**, your doctor will order a **Glucose Challenge Test**.
- This test checks your risk of having **gestational diabetes** or diabetes of pregnancy.
- You will be asked to drink a sweet, orange beverage. Your blood sugar will be checked 1 hour later, with a simple blood test.
- You do **NOT** need to fast for this test.
- If you have a negative result there is no further testing needed.
- If the blood sugar reading from the Glucose Challenge Test is above a certain level, it means you had a positive result.

- **Glucose Tolerance Test:**

- If you have a positive Glucose Challenge Test, you will be asked to complete an additional blood test called the **Glucose Tolerance Test**.
- This is a more extensive test and involves more blood tests and the drink contains a larger amount of sugar. You will need to fast prior to the test (have your last meal the evening before). Blood is drawn before the sugar drink, and again after one hour and after two hours.

- **Gestational Diabetes:**

- If you have Gestational Diabetes, your doctor will discuss how to manage it during pregnancy. The management for Gestational Diabetes starts with changes to your diet. Some patients will require insulin to reduce their blood glucose.

For more information check out this link: [Gestational Diabetes](#)

## **Additional Bloodwork in the Second Trimester**

- **CBC and Iron studies**

- This is done at the same time as the glucose test.
- Checks if you have developed anemia due to low iron, called “Iron Deficiency Anemia”.
- It is common to develop iron-deficiency anemia in pregnancy, and we have good treatments to help boost your iron if needed.

## Third Trimester

### Ultrasound

- A detailed ultrasound is done in the third trimester, typically between **34 to 36 weeks**.
- Purpose of this ultrasound:
  - To check fetal **growth and development** (estimated weight).
  - To assess **fetal position** (confirm if the baby is head down or breech).
  - To check **amniotic fluid levels** (low or excessive fluid can indicate complications).
  - To check **placental health**.

### Group B Streptococcus (GBS) TESTING

- This is a simple swab test. A sample is collected from the vagina and rectum to check for Group B Streptococcus (GBS). GBS is a type of bacteria that is common in all adults.
- Typically completed between **35-37 weeks** of pregnancy.
- Purpose of this test:
  - GBS bacteria does not usually cause symptoms in adults but can **cause serious infections in newborns**.
  - If the test is positive, **IV antibiotics (usually penicillin) will be given during your labor** to reduce the risk of passing the bacteria to your baby.

### Gonorrhea and Chlamydia testing

- This is a simple swab test collected from the vagina.
- The purpose of the test is to check if your baby will need antibiotic eye ointment at the birth to prevent an eye infection.
- Most patients test negative (no infection), which means your baby does not need treatment.

Please complete this survey and let us know how helpful this information was.

LINK TO SURVEY: [Prenatal Testing Survey](#)