



Quest
Diagnostics®



Integrated Screening
Prenatal Screening



You just want your baby to be healthy.

Your pregnancy can be a busy time, yet you and your doctor need to understand how your pregnancy is developing.

Prenatal screening (testing before birth) can tell you if your baby is at greater risk of certain birth defects.

The following questions and answers will help you understand the Integrated Prenatal Screening test and what your next steps might be if your results show the baby is at increased risk.



Is prenatal screening for you?

Who should have prenatal screening?

The American College of Obstetricians and Gynecologists recommends that prenatal screening for certain types of genetic disorders—including Down syndrome, trisomy 18, and neural tube defects—be offered to all pregnant women, regardless of their age.

Do I have to have prenatal screening?

You should discuss your options with your doctor, but **the decision about whether or not to have prenatal screening is up to you.** The following information will help you decide.



Screening for the following disorders

What is Down syndrome?

Down syndrome (trisomy 21) is caused by an extra copy of chromosome number 21. Babies with Down syndrome have a distinct physical appearance and mild to moderate intellectual disability. They also have an increased chance of having other health problems, such as heart defects.



About one in every 700 babies is born with Down syndrome.

What is trisomy 18?

Edwards syndrome (trisomy 18) is caused by an extra copy of chromosome number 18. Babies with Edwards syndrome have severe intellectual disabilities, often with life-threatening birth defects. Only 5% to 10% of babies with Edwards syndrome survive to their first birthday.



About one in every 6,000 babies is born with Edwards syndrome.

What is a neural tube defect?

The neural tube develops into the spine and brain of the baby very early in pregnancy. If the neural tube doesn't develop properly, the result can be an open defect in the baby's spine and/or skull. Neural tube defects are not associated with the mother's age.



One to two out of every 1,000 babies are born with neural tube defects.

Screening

What is the Integrated Screen?

The Integrated Screen is a test that provides information about the baby's chance of having Down syndrome, trisomy 18, or a neural tube defect.

The test can detect:

- About 92% of babies with Down syndrome
- About 90% of those with trisomy 18
- About 80% of babies with a neural tube defect

How is the Integrated Screen performed?

This test has two steps:

1 In the first step, a small sample of blood will be taken during the first trimester of pregnancy. This sample is used to measure the level of one substance.

Additionally, an ultrasound is usually performed to take a measurement at the back of the baby's neck. This measurement is called nuchal translucency. If this measurement is not made, the test is called a Serum Integrated Screen.

2 The second step involves taking another sample of blood in the second trimester of pregnancy. This sample is used to measure the level of four substances in your blood.

The results from step 1 and step 2 are used along with your age, weight, due date, ethnic background, and medical history to determine the risk of Down syndrome, trisomy 18, and a neural tube defect. **Since both steps are required for the test, an Integrated Screen test result cannot be provided if a second blood sample is not received.**



Results

What if my result is “screen negative”?

A “screen negative” result means that **it is unlikely your baby has Down syndrome, trisomy 18, or a neural tube defect**. But a negative screen does not guarantee the birth of a baby without these conditions.

What if my result is “screen positive”?

If your result is “screen positive,” **there is an increased chance your baby may have Down syndrome, trisomy 18, or a neural tube defect**. It *does not* mean that your baby definitely has one of these disorders.



Your doctor can help you understand the risk and explain the additional tests that may be recommended.

What additional tests might my doctor recommend?

If your test result is “screen positive,” your doctor may order a detailed ultrasound to get more information about your pregnancy. An amniocentesis may also be recommended.

During amniocentesis, a needle is inserted into the mother’s abdomen to extract a small sample of fluid surrounding the baby. This fluid contains cells and other substances from the baby. The lab can test the fluid and cells to find out if the baby has Down syndrome, trisomy 18, or a neural tube defect.

Since there is a small risk of miscarriage associated with amniocentesis, you should discuss the risks and benefits of each procedure with your doctor.



What if the additional test results are negative?

If the test results are negative, your baby is likely to be healthy. However, negative test results do not guarantee that your baby will not have some form of birth defect.

What if the additional test results are positive?

If a test result is positive, genetic counseling will help you learn more about your baby's condition. This will help you make decisions in the best interests of you and your family.

Summary

The Integrated Screen:

- 1 Helps you find out your chances of having a baby with Down syndrome, trisomy 18, or a neural tube defect.
- 2 Is performed in two steps, one during the first trimester and the other during the second trimester.
- 3 Combines results from the two blood tests and, usually, one ultrasound measurement. One blood test is performed in the first trimester and the other in the second trimester.
- 4 Requires a second blood sample in order to calculate a result.
- 5 Detects about 92% of babies with Down syndrome, 90% with trisomy 18, and 80% with an open neural tube defect.
- 6 Does not guarantee a baby without these conditions if the result is “screen negative.”
- 7 Is not diagnostic. A “screen positive” result does not necessarily mean your baby has a problem. Additional diagnostic testing is needed.



For more information, visit [QuestDiagnostics.com](https://www.questdiagnostics.com) and talk with your healthcare provider.

This brochure is for informational purposes only and is not a substitute for medical advice, diagnosis, or treatment. The diagnosis or treatment of any disease or condition may be based on personal history, family history, symptoms, a physical examination, laboratory test results, and other information considered important by your healthcare provider. Always talk with your healthcare provider about the meaning of your test results and before you stop, start, or change any medication or treatment.

Quest Diagnostics.com

Quest Diagnostics Incorporated and its subsidiaries (Quest) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1.844.698.1022. ATENCIÓN: Si habla español (Spanish), tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.698.1022. 注意：如果您使用繁體中文 (Chinese)，您可以免費獲得語言援助服務。請致電 1.844.698.1022.

Quest, Quest Diagnostics, any associated logos, and all associated Quest Diagnostics registered or unregistered trademarks are the property of Quest Diagnostics. All third-party marks-® and ™-are the property of their respective owners. ©2020 Quest Diagnostics Incorporated. All rights reserved.
PP9493 06/2020