

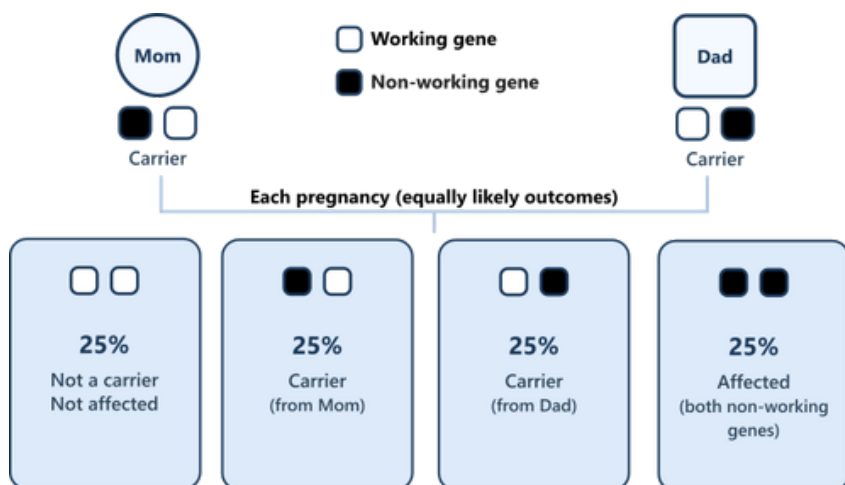
When Both Partners Are Carriers

Learning you and your partner both carry a nonworking copy of the same gene can be unexpected. Knowing gives you options for what comes next.

WHAT THIS MEANS

- **Everyone carries genetic changes.** Most of us are carriers for several conditions, and being a carrier does not typically affect your own health.
- **When both partners carry a change in the same gene,** each pregnancy has a chance of the condition being inherited, commonly 1 in 4 for recessive conditions.

UNDERSTANDING YOUR RISK – WHEN BOTH PARTNERS ARE CARRIERS



25% (1 in 4): The child inherits the working copies of the gene from both parents. Child has two working copies of the genes, they will not be affected by the condition associated with this gene.

50% (1 in 2): The child inherits one nonworking copy from one parent and one working copy from the other. The child will be like you, a carrier of the condition (typically unaffected).

25% (1 in 4): The child inherits the nonworking copy of the gene from both parents. The child has no working copy of this gene and will likely be affected by the condition.

YOUR OPTIONS

PLANNING A PREGNANCY

If you haven't conceived yet, here's what's available to you:

- **Consider prenatal testing after conceiving naturally** (see details in "Already Pregnant" section)
- **Preimplantation Genetic Testing (PGT)** – the couple creates embryos through IVF (in vitro fertilization) and unaffected embryos are chosen to create the pregnancy.
- **Using donor egg or sperm (with negative carrier results)** reduces the chance of passing on this condition.
- **Adoption.** Build your family a different way without passing down biological genetic risks.

ALREADY PREGNANT

Once pregnant, the focus on whether or not to test the pregnancy or wait until the baby is born.

Prenatal Testing

- A sample of fetal DNA is obtained via CVS or amniocentesis and tested for the condition of concern (along with other chromosomal conditions).
- Your genetic counsellor will help you understand your results and your choices.

Choosing Not to Test a Pregnancy

- Some couples choose to test their baby after delivery.
- Other couples may only choose testing if they have concerns about symptoms in their child.