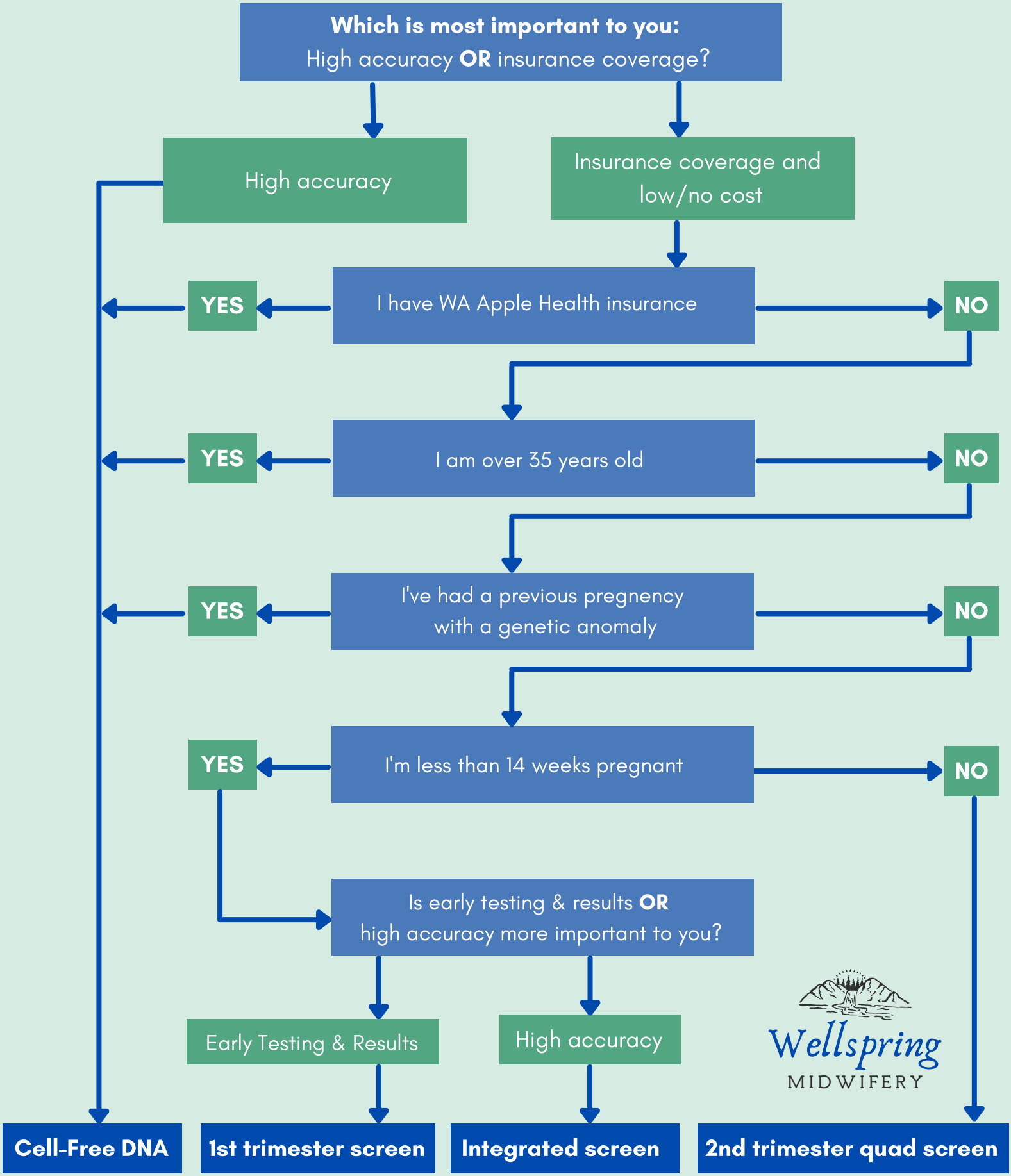
Genetic Screening Decision Aid

For use with Wellspring Midwifery's informed decision-making handout



Wellspring MIDWIFERY

Considering genetic screening but not sure which option to chose?

Not everyone choses to use genetic screening in their pregnancy. For those that do, deciding which test to use can be confusing.

This decision tree, along with Wellspring Midwifery's informed choice document and conversations with your midwives, can help you decide what option is best for you.

Your midwives are available to answer any questions.

CELL-FREE DNA

A blood test that looks at tiny pieces of baby's DNA in the pregnant person's blood. It is the most accurate of all screening tests. It can identify fetal sex based on chromosomes. This screen may not be covered by insurance if you do not meet certain risk criteria.

1ST TRIMESTER SCREEN

Blood draw and an ultrasound during the first trimester (11-14 weeks). This screen is less accurate than cfDNA.

INTEGRATED SCREEN

Includes the first trimnester screen plus another blood draw in the second trimester. Results are not available until the second-trimester blood test is completed. This screen can detect more rare genetic disorders and is more accurate than the first-trimester and second-trimester quad screens.

2ND TRIMESTER QUAD SCREEN

A blood test for those who have passed the first-trimester window and want genetic screening other than cfDNA.

FETAL SURVEY ULTRASOUND

This ultrasound is recommended in every pregnancy, whether or not you opt for other genetic screening tests. It looks at the baby's detailed anatomy and may identify structural abnormalities, including neural tube defects, signs of genetic disorders, and structural abnormalities of the heart. It also examines the placenta, umbilical cord, amniotic fluid, and structures in the pregnant person. It can identify fetal sex based on genitals.

CARRIER SCREENING AND GENETIC COUNSELING

These options are also available to you. Talk to your midwife to learn more!

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