



Dr. Denise McHugh
Dr. Janine Keever
Dr. Ann Lo
Joyce Piccirillo, APRN
Sara Amory, WHNP
Laura Johnson, APRN

10 Prospect Street
Suite 402
Nashua, NH 03060
Phone: 603-577-3131
Fax: 603-577-3132
admin.fmpevgr@snhhs.org

WHAT BLOOD TESTS ARE RECOMMENDED DURING PREGNANCY?

As part of your prenatal care, along with **American College of Obstetrics and Gynecology guidelines**, we recommend the following blood tests to detect infections and other conditions in pregnancy. If a problem is found, treatment may reduce the risk of harm to you and your baby. Although we recommend these tests, it does not mean that your insurance will cover them. You should check with your insurance company about coverage. You are entitled to decline any testing that you do not wish to have performed for any reason, please just notify us of any services you decline.

We recommend the following blood tests for all pregnant women:

Complete Blood Count (CBC), to test for anemia (low iron). If you are anemic, we will recommend iron supplementation.

Hepatitis B (viral infection of the liver). If the mother has it, there is a 90% chance that without treatment the baby will be infected. The baby can be treated at birth to prevent infection in almost all cases.

Rubella (German measles). A German measles infection can lead to severe birth defects. If a woman is not immune, a vaccine can be given to her after the baby is born to prevent infections in future pregnancies.

Blood Type (A, B, AB, O) and Rh factor (negative or positive). A pregnant woman who is Rh negative may need to receive a blood product called anti-D immune globulin. This prevents the breakdown of the baby's red blood cells. This condition, called hemolytic disease, can lead to severe problems in the newborn if not treated.

Syphilis (sexually transmitted disease). If syphilis is found in the first half of pregnancy, birth defects may be prevented by treatment.

HIV (virus that causes AIDS). You can have HIV for years and not know it or feel sick. To get help for yourself, you need to know for sure. If you have HIV, even without symptoms, there is a 1 in 4 chance you could pass it on to your baby. The risk can be greatly reduced with treatment.

We offer additional tests for populations at risk for the following conditions:

Vitamin D level. Severe maternal vitamin D deficiency has been associated with evidence of disordered skeletal homeostasis, congenital rickets, and fractures in the newborn. Pregnant women at increased risk for vitamin D deficiency are offered Vitamin D testing. Typically women in the Northeast U.S. are at risk due to lack of natural sun exposure. We offer this test to all of our pregnant patients.



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TSH (thyroid stimulating hormone). This test is recommended for symptomatic women and those with a personal history of thyroid disease or other medical conditions associated with thyroid disease, e.g. diabetes mellitus.

Additional genetic testing recommended for certain populations at risk for the diseases include:

Cystic fibrosis (CF). This is a progressive, multisystem disease that primarily impacts the lungs, pancreas, and digestive tract. CF significantly shortens the lifespan of people affected by it. Screening is now recommended for all pregnant women.

Tay Sachs Disease. This disease causes a progressive deterioration of nerve cells and of mental and physical abilities that begins around six months of age and usually results in death by age of four. Patients of Ashkenazi Jewish and French Canadian descent are at increased risk and are offered testing.

Fragile X Syndrome. This is the most common inherited form of mental retardation. The syndrome occurs in approximately 1 in 3,600 males and 1 in 4,000-6,000 females. Approximately 1 in 250 females carry the premutation. Prenatal testing for Fragile X Syndrome is offered to known carriers of the fragile X premutation/mutation, and women with a family history of Fragile X-related disorders, unexplained mental retardation or developmental delay, autism, or premature ovarian insufficiency.

Spinal muscular atrophy (SMA). This neurodegenerative disease results from degeneration of spinal cord motor neurons, leading to atrophy of skeletal muscle and overall weakness. Prenatal testing for SMA is offered to patients with a family history of SMA.

Hemoglobinopathy screening. This test is offered to couples at risk for a child with sickle cell disease or thalassemias. Individuals of African, Southeast Asian, and Mediterranean descent are at risk for these diseases.

I acknowledge that I have been informed of the recommended prenatal lab testing. I understand that even though these services are recommended following with ACOG Guidelines that they **may not be covered by my insurance** and it is my responsibility to check with my insurance. I also understand that I have the right the right to decline any or all testing if I choose to:

Print Name: _____ Date of Birth: _____

Patient Signature: _____ Date: _____