



First Trimester Combined Screening appointment at RPAH

Thank you for choosing Royal Prince Alfred Hospital (RPAH) for confinement. Here at RPAH we like all our women to have First Trimester Combined Screening for both aneuploidy and pre eclampsia. This information sheet is to guide you through the process of First Trimester Combined Screening within our Fetal Medicine department.

Consultation with your GP

At the time of appointment - your GP can provide the following:

- Referral form for a Nuchal Translucency ultrasound scan
- Blood request form for First Trimester Combined Screening
- Information brochures regarding First Trimester screening and NIPT

What we would like you to do:-

Please call the Ultrasound & Fetal Medicine Department on 9515 6042 between 8am and 4pm Monday to Friday to make your Nuchal Translucency appointment. This scan should be performed between 11 and 13 weeks + 6 days. Please advise the staff of your estimated date of confinement and they can guide you through the process.

Prior to the scan:-

Have your First Trimester Combined Screening blood test done. Ideally these should be done when you are more than 11 weeks gestation but no later than 2-3 days before your Nuchal Translucency scan. Blood tests should only be done at RPAH located on Level 5, Missenden Road, Camperdown (Mon-Fri 7am to 3.20pm), Suite 307, RPAH Medical Centre, 100 Carillon Avenue, Newtown (Mon-Fri 7.15am to 5.45pm) or Canterbury Hospital Pathology, Level 2, Canterbury Road, Campsie (Mon-Fri 9.00am to 3.15pm). Having your blood tests done on the hospital campus will ensure that they are available at the time of your Nuchal Translucency scan.

On the day of your Nuchal Translucency scan:-

You will need to drink 300 mls of water 60 minutes prior to your scan. Present to reception at least 15 minutes prior to your appointment whereupon the nurse will take your height, weight and neck circumference. She will also take your blood pressure. Once this is done the doctor will perform your scan and discuss results with you. At this time you can also decide whether you would like to have further testing for Down syndrome.

There will be no need for further blood testing at the time of your ultrasound scan unless you decide to have further screening for Down syndrome. This test is called NIPT and is **not** covered by Medicare. Your GP should have given you an information brochure regarding this, however, should you have any further questions this can be discussed at the time of your scan.

Should you require any further information regarding your Prenatal Screening please do not hesitate to contact our staff in the US & Fetal Medicine Department on 9515 6042.

We would like to wish you a pleasant journey here at RPAH Women and Babies while you prepare for the delivery of your baby. Congratulations!