

Chorionic Villus Sampling

About your procedure and the consent form

This handout describes what to expect from chorionic villus sampling. It includes benefits, risks and problems, and other options.

This handout is in addition to the talks you have with your healthcare providers. It is important that you fully understand this information, so please read these pages carefully. Make sure to read this handout before reading and signing the form "Special Consent for Procedural Treatment."

What is chorionic villus sampling?

Chorionic villus sampling (CVS) is a procedure that allows your baby to be tested for a variety of health problems. CVS is done during the first trimester of pregnancy, usually between 11 and 14 weeks.

During the test, a small sample of *chorionic villi* is taken. Villi are tiny growths found in the placenta. The genetic material in the villi is usually the same as that in the developing baby. This is why we can use the villi for genetic testing.

How is CVS done?

You are welcome to have a partner, friend, or family member with you during your CVS.

- Your doctor will use *ultrasound* to see your baby's position and to decide the safest way to do the CVS. The ultrasound stays on during the entire procedure.
 - If the placenta is closer to your spine, the doctor inserts a thin hollow tube, called a *catheter*, through the cervix. This is called a *transcervical CVS*.
 - If the placenta is closer to your belly, the doctor inserts a thin needle into your abdomen. This is called a *transabdominal CVS*.



Your doctor will use ultrasound to guide the CVS procedure.

- Then, while watching the baby by ultrasound, the doctor guides the catheter or needle to the placenta.
- A small amount of villi is removed.
- The entire procedure takes less than 5 minutes.
- After the test, we will send you to the lab to have your blood drawn for *maternal cell contamination tests* (see page 3).

What medicines will be used?

- Before doing the procedure, your doctor will use an *antiseptic soap* to clean your cervix or your belly.
- If your blood type is Rh negative, you will be given a *RhoGAM injection* after the CVS to prevent problems in future pregnancies.

What are the benefits of CVS?

- CVS helps us diagnose some health problems. Some people find that a diagnosis is better than being unsure about their baby's health.
- Most of the time, test results are normal. If you have been worried about your baby's health, normal test results may make you feel better about your pregnancy.
- Some women feel that having more information about the baby's health will help them prepare better for the baby's arrival. Others do not want to raise a child with special needs. Having a diagnosis allows parents to make choices, such as choosing an adoption plan or stopping the pregnancy.

What can CVS test for?

- CVS can diagnose genetic conditions such as *Down syndrome* and *trisomy 18*. If a condition such as *cystic fibrosis* or *muscular dystrophy* runs in the family, the DNA can be tested to see if the baby has inherited the disorder.
- Interpreting CVS results can be complex. In about 1% to 2% tests (1 to 2 out of 100), results show a mix of normal cells and abnormal cells. This is called *mosaicism*. An amniocentesis can be done to see if the mosaicism also affects the baby, or just the placenta.
- If the chromosome results are normal and show that the baby is female, we do another test to check for maternal cell contamination. We want to be sure the results represent the baby's chromosomes, not the mother's. If that second test shows contamination, we can repeat the CVS or do an *amniocentesis*.

What are the risks and problems of CVS?

The doctor will take steps to make the risks of the CVS as low as possible, but no procedure is risk-free.

The main risk from CVS is *miscarriage*. A miscarriage may occur if an infection starts in the uterus, if the placenta separates from the uterus, or if the sac surrounding the baby doesn't heal after the procedure, allowing amniotic fluid to leak out.

Without CVS, about 2% to 3% (2 to 3 out of 100) of pregnancies miscarry between 8 and 14 weeks. CVS adds an extra 1% (1 out of 100) risk of miscarriage. Said another way, out of every 100 CVS procedures done, 99 women (99%) do **not** have a miscarriage.

Early studies of CVS raised the concern that it increases the risk of birth defects of the fingers and toes. This risk is not increased if a CVS is done **after** 10 weeks of pregnancy.

There are some limitations to CVS:

- Conditions of the brain and spine, such as *spina bifida*, are not diagnosed by CVS. Many health problems and birth defects cannot be diagnosed by **any** prenatal tests. Having normal test results from CVS does not guarantee the baby is healthy.
- We may not be able to obtain villi. Sometimes the doctor can try a second time. If the second try doesn't work, your CVS will be rescheduled for another time.
- The lab cannot examine the baby's chromosomes if cells collected from the CVS do not grow. This happens less than 0.1% of the time (less than 1 out of 1,000 times).
- Sometimes the chromosomes cannot be analyzed with as much detail as is ideal. This happens in about 5% (1 out of 20) of cases. Large changes in the chromosomes will still be seen. But, smaller changes may be missed.
- It may take up to 3 weeks to complete testing of the samples taken during your CVS.

What are other options?

You may decide not to have a CVS. Doing a CVS is your choice, and the decision is a personal one. Health problems that can be diagnosed by CVS can also be diagnosed when the baby is born.

Some women feel the risk of a health problem is so low that they are not concerned. Others decide they don't want to risk a miscarriage

and prefer to learn the diagnosis after the baby is born. Some families feel they can prepare for the birth of a child with special health needs without knowing a diagnosis.

If you want to have a different kind of diagnostic test during the pregnancy, an *amniocentesis* can be done between 16 and 22 weeks.

What is normal after a CVS?

- You may have mild, menstrual-like cramping for the first few hours. You can take acetaminophen (Tylenol) for this.
- After a transcervical CVS, light spotting may occur. Do not have sexual intercourse, douche, or use tampons until spotting stops.
- After a transabdominal CVS, there may be bruising or soreness on your skin where the needle was inserted.
- Do **NOT** do normal daily activities until any cramping and spotting have stopped.

What follow-up care is needed?

There should be no ill effects from the CVS. You can return to work as long as your job does not require heavy physical activity.

For **24 to 48 hours** after your CVS, we suggest that you:

- Stay off your feet as much as you can
- Drink extra fluid

Also avoid:

- Heavy physical activity, such as running or other exercise
- Lifting heavy objects (10 pounds or more)
- Sexual intercourse or sexual activity

When to Call

Call your healthcare provider right away if you have any of these symptoms after your CVS:

- Vaginal bleeding
- Severe or rhythmic cramping or pain in the lower belly
- Leakage of clear fluid from the vagina
- Fever or chills
- Diarrhea
- Flu-like symptoms

Questions?

Your questions are important. If you have any questions about amniocentesis or the risks, benefits, or alternatives to it, talk with your provider before signing any consent forms.

Prenatal Diagnosis Clinic:
206.598.8130

Maternal and Infant Care
Clinic: 206.598.4070