



Waxbarashadda Bukaanka

Kiliiniga Baadhista Uur-ku-jirta



Baadhitaanka Xuubka Sare ee Madheerta (Chorionic Villus Sampling)

Ka caawintaada Fahmida Nidaamka iyo Foomka ogolaanshaha

► **Fadlan akhri qoraalkan ka hor inta aanad akhriyin ee aanad saxeexin foomka “Ogolaansho gaar ah ee Nidaamka Daawaynta UH0173.”**

Qoraalkani wuxuu sharaxayaa waxa aad ka filan karto Baadhitaanka Xuubka Sare ee Madheerta (chorionic villus sampling -CVS). Waxyaabaha ku jira waxaa ka mid ah faa’iidooyinka, halisaha iyo dhibaatooyin iyo waxyaabaha badalka noqon kara.

Qoraalkani wuxuu kuu soo raacayaa hadalka aad la yeelatay daryeel caafimaad bixiyahaaga. Waxaa aad muhiim u ah inaad si buuxda u fahanta macluumaadka, sidaas darteed fadlan bogagan si taxadar leh u akhri.

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Waa maxay Xuubka Sare ee Madheerta (Chorionic Villus Sampling)?

Baadhista Xuubka Sare ee Madheerta (Chorionic Villus Sampling-CVS) waa nidaam ogolaanaya in ilmahaaga laga baadho dhibaatooyin caafimaad oo kala duwan. CVS waxaa la sameeyaa marka uurku yahay saddex bilood ama ka yar, oo inta badan noqonaysa inta u dhaxaysaa usbuuca 11 iyo usbuuca 14. Inta lagu gudo jiro baadhista, muunad yar oo ah xuubka mandheerta ayaa la qaadaa. Xuubka madheertu waa waxyaabo yaryar oo soo fiqan kuna yaal madheerta. Walaxaha hido-sidayaasha ah ee ku jira xuubku waxay la mid yihiin kuwan ilmaha uurka ku jira. Sidaas darteed xuubka waxaa loo isticmaali karaa baadhitaanka hiddo-sidayaasha.

Siddee loo sameeyaa CVS?

- Marka hore, *altrasownd* ayaa loo isticmaalaa in lagu ogaado meesha ilmuhu ku jiro si loo go’aamiyo habka ugu badbaadsan ee loo samayn karo CVS. Altrasowndku wuu shidnaanayaa inta hawsha lagu jiro, taas oo qaadanaysa wax ka yar 5 daqiiqo.
 - Haddii madheertu u dhowdahay laf dhabartaada, dhakhtarku wuxuu galinayaa ilmo galeenka tuyuub dhuuban oo daloola, oo loo yaqaan *katiitar*. Habkan waxaa la yidhaa *marinka-ilmoo galeenka CVS*.
 - Haddii madheertu u dhowdahay calooshaad, dhakhtarku wuxuu irbad dhuuban galinayaa calooshaada. Habkan waxaa la yidhaa *marink-caloosha ee CVS*.
- Kadib, iyaddoo ilmaha laga eegayo altarasowndka, dhakhtarku wuxuu katiitarka ama irbada ku hagaajinayaa madheerta.
- Inyar oo xuub ah ayaa la soo goynayaa.
- Waa la soo dhawaynayaa inaad soo kaxaysato lamaane, xaas, saaxiib, ama qof ehel ah inta lagu gudo jiro CVS-ka.
- Waxaa laguun diri doonaa shaybaadhka si dhiiga lagaaga qaado markaa kadib si loogu sameeyo *baadhis wasakhaw unugyada hooyadda* (fiiri macluumaadka dhinac bidix ee bogga 2).

Maxaa baadhitaanka CVS lagu ogaan karaa?

Waxaa la baadhaa koromosoomyadda, kaas oo baadhi doona xaaladaha sida *Dhoon Sindorom (Down Syndrome)* iyo *tirisomi 18*. Haddii xaalad hidaha la xidhiidha sida sistic faybroosis (cystic fibrosis) ama muruq daciifka (muscular dystrophy) uu qoysku soo lahaan jiray, DNA-da ilmaha ayaa la baadhi karaa si loo eego bal in ilmuhu dhaxlay cuduraddan.

Turjumada natiijooyinka CVS way adkaan kartaa. Ku dhawaad 1% ilaa 2% (1 ilaa 2, 100 kiiba) kiisaska, natiijooyinku waxay muujinayaan isku jir dhowr unug oo caadi ah iyo qaar aan caadi ahayn. Habkan waxaa la yidhaa mosaa'iisiisam (*mosaicism*). Aminoyoosentasis (amniocentesis) ayaa la samayn karaa si loo eego bal in mosaa'iisiisamku sidoo kale saamaynayo ilmaha, ama madheerta oo kaliya.

Haddii natiijadda koromosoomyada ay caadi yihiin oo ay muuqato in ilmuhu yahay dhedig, baadhis kale ayaa la samaynayaa si loo hubsado natiijooyinku ay metalaan koromosoomyada ilmaha, ee aanay ahayn kuwii hooyadda. Haddii baadhistaas labaad muujiso wasakhda unugyada hooyadda, waxa lagu celin karaa CVS, ama waxa la samayn karaa amniocentesis.

Waxaa laga yaabaa inay qaadatao ilaa 3 usbuuc si loo dhamaystiro baadhista muunadaha la qaaday intii lagu gudo jiray CVS.

Dawooyin nooc ee ah ayaa la adeegsan doonaa?

Dhakhtarku wuxuu isticmaali doonaa *saabuun daawaysan* si uu u nadiifiyo ilmogaleenka ama calooshaada ka hor inta aan nidaamka la samayn.

Haddii nooca dhiigaagu yahay Rh taban (negative), waxaa lagu siin doona *irbad RhoGAM* kadib CVS-ka si mustaqbalka aanay u dhicin dhibaatooyin xaga uurka ahi.

Waa maxay faa'iidada CVS?

1. CVS wuxuu samaxayaa in si cad loo baadho caafimaad darooyinka qaarkood. Dadka qaarkood ayaa aaminsan in cudurka oo la ogaadaa ay ka fiican tahay caafimaadka ilmaha oo aan la ogaan.
2. Inta badan, natiijooyinka baadhista waa caadi. Haddii aad ka warwarsanayd caafimaadka ilmahaaga, natiijadda baadhitaanka oo caadi noqataa waxay kugu dhalinaysaa inaad uurkaaga ku faraxdo.
3. Dumarka qaarkood ayaa dareensan in macluumaad ay ka sii hayaan caafimaadka ilmahoodu ay ka caawindoonto iyaga inay si fiican ugu diyaar garoobaan imaatinka ilmaha. Qaarkood ma doonayaan inay koriyaan ilmo leh baahiyo gaar ah qaba. Is baadhitaanku wuxuu u ogolaanayaa waalidka inay sameeyaan doorasho, sida inay doortaan qorshe korsasho ilma ama joojin uurka.

Waa maxay halista iyo dhibaataada CVS?

Dhakhtarku wuxuu qaadi doonaa talaabooyin uu ku yaraynayo halista amniyada, laakiin nidaam khatar ka xor ahina ma jiro.

Halista ugu wayn ee CVS-ku waa dhicin. Dhicintu waxaa laga yaabaa inay dhacdo haddii caabuq uu ka bilaabmo ilmo galeenka, haddii madheertu ka soocan tahay ilmo galeenka, ama haddii baaga ilmaha ku wareegsani aanu bogsan nidaamka kadib, taas ogolaanaysa in dheecaanka amniyootigu liigo.

CVS la'aantii, ku dhawaad 2% ilaa 3% (2 ama 3, 100-kiiba) uurarka ayaa dhicin doona inta u dhaxay usbuuca 8 iyo usbuuca 28-aad. CVS wuxuu ku darayaa halista dhiciska 1% dheeraad ah (1, 100-ba). Haddii si kale loo yidhaa, 100 CVS ee la sameeyaba, 99 dumar ah (99%) ayaan dhicin **doonin**.

Daraasaddo hore CVS ah ayaa keenay warwarka ah in baadhitaankani kordhiyo halista dhalmada ee faraha iyo suulasha. Halistu ma kordhayso haddii CVS la sameeyo usbuuc 10-aad ee uurka kadib.

Waxaa jira waxyaabo gaabis ah oo ku jira CVS:

- Xaaladaha maskaxda iyo laf dhabarta, sida *spina bifida*, laguma baadho CVS. Xaaladaha maskaxda iyo laf dhabarta, sida *spina bifida*, laguma baadho CVS. Dhibaatooyin caafimaad iyo iimo lagu soo dhasho laguma baadhi karo baadhitaan uur-ku-jir **oo kasta**. Natiijadda baadhitaanka CVS oo caadi noqota ma damaanad qaadayso in ilmuhu caafimaad qabo (fiiri macluumaadka dhinaca bidix ee bogan).

Maxaa caadi ah in la daremo kadib CVS-ska?

- Mararka qaarkood waxaa jiri doona xanuunka cadaada oo kale oo dhexdhexaad ah dhowrka saacadood ee u horeeya (tan waxaad u isticmaali kartaa Tyleno).
- Kadib CVS-ka la maro ilmo galeenka, waxaa dhici kara xoqniin yar. Ha samayn galmo, hana isticmaalin qalabka dhooj, ama cudbi ilaa xoqniinkaasi joogsanayo.
- CVS-ka caloosha kadib, waxaa laga yaabaa inuu ku yimaad maqaarkaaga nabar ama barar halka irbada laga galiyey.
- HA samayn hawl maalmeedkii caadiga ahaa ilaa xanuun kasta iyo xoqniin kasta hagaago.

- Had iyo goor suurtoagal maaha in la helo xuub. Waqtiyadda qaarkood dhakhtarku wuxuu isku dayi karaa mar labaad. Haddii isku dayga labaad uu shaqayn waayo, CVS-kaagu mar kale ayaa jadwal loo samayn doonaa.
- Waqtiyada qaarkood shaybaadhku ma awoodo inuu baadho koromosoomyadda ilmaha sababtoo ah unugyada laga soo qaaday CVS-ku ma koraan. Tani waxay dhacdaa wax ka yar 0.1% mar walba (wax ka yar 1 mar 1000-kii marba).
- Waqtiyadda qaarkood koromosoomyada si aad u faahfaahsan looma baadhi karo. Tani waxay dhacdaa 5% (1 mar 20-kii goorba) kiisaska. Isbadalada waaweyn ee koromosoomyada wali waa la arki doonaa. Laakiin, waxaa laga yaabaa in isbadalada yaryar la seego.

Maxaa lagu badalan karaa CVS?

Waxaa laga yaabaa in aanad samayn baadhitaanka CVS. Samaynta CVS waa dookhaaga, go'aankuna waa mid kuu gaara. Dhibaatooyinka caafimaad ee lagu baadhi karo CVS waxaa kale oo la baadhi karaa marka ilmuhu dhasho.

Dumarka qaarkood ayaa dareensan in halista dhibaataada caafimaad aad u hoosayso taas oo aanay ka warwarsanayn. Qaar kale ayaa go'aansada in aanay doonayn inay halis u galaan inay dhiciyaan waxaanay door bidaan inay baadhista ogaadaan kadib marka ilmuhu dhasho. Qoysaska qaarkood ayaa dareensan inay isku diyaarin karaan dhalashada ilmaha baahida caafimaad ee gaara qaba iyaga oo aan sii baadhin.

Haddii aad doonayso inaad marto baadhitaan caafimaad oo nooc kale ah inta lagu gudo jiro uurka, amniyootensasis (*amniocentesis*) ayaa la samayn karaa inta u dhaxaysa usbuuca 16 iyo 22 usbuuc.

Waa noocma daryeelka dabagalka ee loo baahan yahay?

Ma jiri doonaan saamayn xun oo uu yeelanayo CVS. Waad ku noqon kartaa shaqadaada haddii aanay ahayn mid hawl jidheed culus la qabanayo.

Laga bilaabo 24 ilaa 48 saacadood kadib amniyadda, waxaanu soo jeedinaynaa in:

- Aad lugahaaga ku joogsato inta ugu badan ee suurtoagalka ah.
- Aad cabto dareere dheeraad ah.

Sidoo kale iska ilaali:

- Hawl gacmeedka culus, sida orodka ama jimicsiga.
- Qaadista waxyaabaha culus (10 bownd ama ka badan).
- Galmadda ama hawl galmo.

Suaalo?

Su'aalahaagu waa muhiim. Haddii aad qabto wax su'aal ah oo ku saabsan CVS-ka ama halisaha, faa'iidooyinka ama waxyaabaha lagu badalan karo, la hadal adeeg bixiyahaaga ka hor inta aanad saxeexin foomka ogolaanshaha.

Kiliiniga Baadhista Uur-ku-jirta: 206-598-8130

Kiliiniga Daryeelka
Dhalaanka iyo Hooyadda:
206-598-4070

Marka aad wacayso dhakhtarkaaka

Adeeg bixiyahaaga caafimaad la hadal markiiba haddii aad yeelato mid ka mid ah calaamadahan kadib CVS ka:

- Dhegdheg ama dhiig ka yimaad macdanta (vagina).
- Liigid dheecaan cad oo ka yimaad macdanta.
- Xaruun daran oo ah qaybta hoose ee caloosha.
- Xumad ama qandho.
- Shuban.
- Calaamado kuwii durayga oo kale ah.

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Maternal and Infant Care Clinic
Box 356159
1959 N.E. Pacific St. Seattle, WA 98195
206-598-4070



Chorionic Villus Sampling

Helping you understand your procedure and the consent form

► Please read this handout before reading and signing the form “Special Consent for Procedural Treatment UH0173.”

This handout describes what to expect from chorionic villus sampling (CVS). Included are benefits, risks and complications, and alternatives.

This handout is in addition to the talks you have with your health care providers. It is important that you fully understand this information, so please read these pages carefully.

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. Chorionic villi are tiny finger-shaped growths found in the placenta. The genetic material in the villi is usually the same as that in the developing baby, so the villi can be used for genetic testing.

How is CVS done?

- First, *ultrasound* is used to see your baby’s position and to decide the safest way to do the CVS. The ultrasound stays on during the entire procedure, which takes less than 5 minutes.
 - 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*.
- Then, while watching the baby by ultrasound, the doctor guides the catheter or needle to the placenta.
- A small amount of villi is removed.
- You are welcome to have a partner, spouse, friend, or family member with you during your CVS.
- You will be sent to the lab to have your blood drawn afterward for *maternal cell contamination tests* (see the information on the left side of page 2).

What can CVS test for?

The chromosomes are examined, which will diagnose conditions such as *Down syndrome* and *trisomy 18*. If a hereditary 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 difficult. In about 1% to 2% (1 to 2 out of 100) of cases, the results show a mixture of some normal cells and some 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, another test is done to be sure the results represent the baby's chromosomes, not the mother's. If that second test shows maternal cell contamination, the CVS can be repeated, or an amniocentesis can be done.

It may take up to 3 weeks to complete testing of the samples taken during your CVS.

What medicines will be used?

The doctor will use an *antiseptic soap* to clean your cervix or your abdomen before the procedure is done.

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?

1. CVS allows a clear diagnosis of some health problems. Some people find that knowing a diagnosis is better than being unsure about their baby's health.
2. 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.
3. 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 are the risks and complications of CVS?

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

The major 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 will 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 (see information on the left side of this page).

What is normal to experience after a CVS?

- Sometimes there will be mild, menstrual-like cramping for the first few hours (you can take Tylenol for this).
- After a transcervical CVS, light spotting may occur. Do not have sexual intercourse, douche, or use tampons until the spotting has stopped.
- 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.

- It is not always possible 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.
- Sometimes the lab is not able to examine the baby's chromosomes because 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 usual. 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.

What are the alternatives to CVS?

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 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 possible.
- 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.

Questions?

Your questions are important. If you have any questions about CVS 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

When to Call Your Doctor

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

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

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Maternal and Infant Care Clinic

Box 356159
1959 N.E. Pacific St. Seattle, WA 98195
206-598-4070