



## Patient Information For

# Nuchal Translucency

### What is the Nuchal Translucency?

The Nuchal Translucency is the name for the normal fluid space behind the neck of the foetus that can be seen on ultrasound scans between 11 and 13 weeks.

An increase in the amount of fluid present may occur in the presence of certain chromosomal or structural abnormalities.

### What is a Nuchal Translucency scan?

The Nuchal Translucency scan is part of the Combined First Trimester Screening Test, which is used to determine the risk of certain chromosomal abnormalities including Down Syndrome. The Combined First Trimester Screening Test is a combination of the ultrasound, patient history and blood test results.

During the scan as well as measuring the Nuchal Translucency the foetus is also assessed for size, heart rate and other anatomical structures visible at this stage.

At the conclusion of your ultrasound data is entered into the Foetal Medicine Foundation database to calculate the foetus's risk of certain abnormalities.

If the test does identify a possible risk, it does not necessarily mean there is an abnormality present, but it does mean that further testing may be required.

### When should the test be done?

In the first trimester of pregnancy, between 11 weeks and 3 days and until 13 weeks and 5 days. A risk is unable to be calculated outside of this timeframe.

### What preparation is required?

Complete your blood test no later than 3 days prior to your ultrasound appointment. Your doctor will give you a pathology request form which will ask for First Trimester Screening or  $\beta$ hCG and PAPP-A test. This is a different blood test to the NIPT/Harmony Test.

Empty your bladder 1 ½ hours before your appointment, and then over the next 30 minutes drink 1L of water, ensuring that you finish your water at least one hour before your exam. You are required to attend the appointment with a full bladder.

### How long will the examination take?

The examination will take approximately 30 minutes.

### What is the cost?

Medicare does not cover the cost of the Nuchal Translucency Test unless certain criteria are met. Our Customer Service Team will outline the costs and any out of pocket fees at the time of your booking.

### When will my doctor have the results?

If your blood results are available on the day of your examination, your results will be back at your doctors within 48 hours.

