

PATIENT

APPOINTMENT DATE / TIME:

**BRING VALID HEALTH CARE CARD & THIS FORM.** If you are unable to attend your appointment, please call to cancel or reschedule at least 2 hours prior to your appointment. NO SHOWS MAY BE CHARGED. CHILDREN ARE NOT ALLOWED IN EXAM ROOMS. CHILD CARE IS NOT PROVIDED

NAME: \_\_\_\_\_ (LAST) \_\_\_\_\_ (FIRST) \_\_\_\_\_ (MIDDLE)  
 ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_  
 POSTAL CODE: \_\_\_\_\_ PROVINCE: \_\_\_\_\_  
 PHONE #: \_\_\_\_\_ HOME \_\_\_\_\_ WORK / CELL \_\_\_\_\_

AHC#: \_\_\_\_\_  WCB#: \_\_\_\_\_  
 OUT OF PROVINCE#: \_\_\_\_\_  
 AGE: \_\_\_\_\_ DOB: \_\_\_\_\_ (MM / DD / YEAR) LMP: \_\_\_\_\_ (MM / DD / YEAR)  
 MALE  FEMALE PREGNANT:  YES  NO

REFERRAL

ORDERING PHYSICIAN: \_\_\_\_\_  
 CLINIC NAME: \_\_\_\_\_  
 FAX REPORTS TO #: \_\_\_\_\_

SEND COPY TO: \_\_\_\_\_  
 CLINIC NAME: \_\_\_\_\_  
 FAX REPORTS TO #: \_\_\_\_\_

**HISTORY & PROVISIONAL DIAGNOSIS:**

- Wheelchair, walker, limited mobility, etc. (allow more time)
- Relevant prior imaging: \_\_\_\_\_  
(LOCATION AND DATE OF EXAM)

\_\_\_\_\_ M.D.

EXAM

**NUCHAL TRANSLUCENCY (PREPARATION REQUIRED)**

EXAM MUST BE PERFORMED AT 11-12 WEEKS GESTATIONAL AGE.  
 It is critical to remember that all potential candidates for NT must have already undergone a separate first trimester ultrasound that has accurately dated the pregnancy. Ideally, this dating exam would have been performed as early as possible in the pregnancy but not before 7 weeks of age (crown rump length measurement of 10mm or more).

FINISH drinking 4 glasses of water, 8 oz. each (1 L total), 90 minutes before the appointment time. **DO NOT VOID. DO NOT SUBSTITUTE WITH ANY OTHER LIQUID.** A full bladder is necessary to perform the exam. If the bladder is not full, the examination will be rescheduled.

EXAM INFORMATION

Nuchal translucency (NT) is a measurement, made during an ultrasound examination, which quantifies the amount of fluid in the back of the fetal neck. NT measurement has limited utility on its own and is usually combined with maternal bloodwork markers (eg. PAPP-A and Beta-HCG) to more accurately identify chromosomal abnormalities.

There are a number of factors to consider before ordering a local NT ultrasound:

Patients should be counseled that their participation in such genetic testing is entirely OPTIONAL and should understand the implications of an abnormal result.

Patients must be made aware that if a potentially abnormal NT result is found, they will need to travel to Calgary within one week to have the NT re-measured at Maternal Fetal Medicine and bloodwork drawn to perform the more accurate, combined test.

Please note, due to provincial AHS restrictions and the geographical limitations of the Southern Alberta, it is currently NOT possible for patients to have their NT and bloodwork evaluated locally and to complete the combined screen. Our ultrasound clinics are simply offering this local stand-alone NT exam as a convenience for patients who cannot or do not wish to travel. Abnormal results may be used by referrers to identify which patients with would benefit

from urgent referral to Calgary for the combined screen and genetic counseling. NT alone does not replace the combined screen and has a relatively higher rate of false negatives.

In order to ensure that patients with abnormal NT have the opportunity to be re-evaluated in Calgary within the narrow time window that the combined screen must be performed within, (11 week to 13 week 6 days) we will be restricting our local NT scans to pregnancies between 11 week 0 days and 12 weeks 5 days.

Patients should also be counseled with regard to the limitations of NT. Screening by NT can detect about 80% of fetuses with trisomy 21 and other major aneuploides for a false positive rate of 5%. The combination of NT and maternal serum free  $\beta$ -hCG and PAPP-A improves the detection to 90%. False positive and false negative results are possible. First trimester screening does not tell you the chance of the fetus having an open neural tube defect.

If patients are referred on to Calgary for NT re-measurement, you must ensure that they have the relevant maternal bloodwork performed within 24 hours of this second NT appointment, so that a valid combined screen can be made.