

# Second Trimester Screening Exams

## Anatomy Ultrasound

The Anatomy Ultrasound will be performed at 19 weeks gestational age to check the anatomy of the baby (there is no guarantee we can identify the sex of the baby at this time)

## Screening for Gestational Diabetes

Gestational Diabetes (<http://www.diabetes.org/diabetes-basics/gestational/>) is a type of diabetes that occurs only during pregnancy. Like other forms of diabetes, gestational diabetes affects the way your body uses blood sugar (glucose) — your body's main source of fuel. As a result, your blood sugar level is too high. If untreated or uncontrolled, gestational diabetes can result in a variety of health problems for you and your baby.

## The 1hr Glucose Tolerance Test

To screen for gestational diabetes, our doctors require a glucose tolerance test. This test is usually done between 24 and 28 weeks of pregnancy, because the condition usually can't be detected until then. However, if your doctor thinks you're especially at risk, the test may be performed earlier.

### What to expect from the test

When you arrive for glucose tolerance test, you'll be asked to drink a glucose solution that tastes like extra-sweet soda pop. You will be in our office for one hour before a blood sample is drawn from a vein in your arm to determine your blood sugar level. The glucose drink may make you feel nauseous or dizzy. But the syrupy solution — and the wait — are necessary to tell how efficiently your body processes sugar.

## The 3 hour Glucose Tolerance Test

If your 1hr Glucose Tolerance Test comes back elevated the 3hr will be the follow-up test. You'll be asked to fast after midnight prior to the test. Since you will be fasting we schedule these appointments in our office starting at 8:00 am. You're then given another sweet solution to drink — this one containing a higher concentration of glucose — and your blood sugar levels are checked every hour for a period of three hours. Having at least two instances of abnormally high blood sugar levels confirms the diagnosis of gestational diabetes. [www.diabetes.org/gestational-diabetes.jsp](http://www.diabetes.org/gestational-diabetes.jsp)

## The Quadscreen: What It Is and What to Expect – optional

What is a Quadscreen?

A quadscreen is a blood test that measures four things called alpha-fetoprotein, human chorionic gonadotropin, unconjugated estriol and inhibin. The results of the blood test can help your doctor see if your baby may be at higher risk for certain birth defects such as Down syndrome and neural tube defects.

### **Why is it called a “screen”?**

These test results can only show that there may be a problem — they can't prove that there is one. An abnormal test result doesn't mean that your baby has a birth defect. Most often, the blood test results are abnormal because the baby is younger or older than your doctor thought. And some birth defects will not be detected by this test. Remember, this test does not screen for all birth defects. A negative test means that your baby probably does not have a neural tube defect, Down syndrome, or trisomy 18; it does not guarantee the health of your baby.

### **When should the test be done?**

The Quadscreen is done between the 15th and 21st weeks of your pregnancy.

### **What happens if the test results of the Quadscreen is abnormal?**

We usually recommend that you be seen by a maternal fetal medicine specialist. The first step is often to have an ultrasound exam. This test can check on the age of the baby and look at the brain, spinal cord, kidneys and heart for any problems. Another test that you might have is called amniocentesis. This test checks the fluid around the baby. The results of these tests will help your doctor decide if your baby might have a problem.

[www.americanpregnancy.org/prenataltesting/quadscreen.html](http://www.americanpregnancy.org/prenataltesting/quadscreen.html)