

HOW TO GET enhanced FIRST TRIMESTER SCREENING (eFTS)

WHAT IS eFTS?

eFTS is an optional prenatal genetic screening test that can tell you the chance for having a baby with trisomy 21 (Down syndrome) or trisomy 18 (Edwards syndrome).

WHEN IS eFTS DONE?

eFTS is done in the first trimester of pregnancy, usually between 11 weeks and 2 days to 13 weeks and 3 days of pregnancy. Knowing how far along you are in the pregnancy is key for timing eFTS. Discuss this with your health-care provider.

HOW DO I GET eFTS?

eFTS is arranged by your health-care provider. You will first have a nuchal translucency (NT) ultrasound, which measures the fluid-filled pocket at the back of the neck of the developing baby. The ultrasound is followed by a blood test.



STEP 1

BOOK NT ULTRASOUND

- Your provider will fill out a requisition for your NT ultrasound.
- The NT ultrasound will be booked by you or your health care provider.
- If you are booking the ultrasound yourself, the contact information for the ultrasound facility will be on the requisition given to you by your provider. Some ultrasound facilities have multiple locations.



WHERE CAN I GET THE NT ULTRASOUND DONE?

- Your health-care provider may recommend a hospital or clinic for your NT ultrasound.
- If needed, you can search the [interactive map](#) on our website to locate a NT ultrasound facility in your area.



STEP 2

ATTEND NT ULTRASOUND

A section of the [Multiple Marker Screening Requisition](#) will be filled out at the ultrasound facility.



STEP 3

GET BLOOD TEST

Take the Multiple Marker Screening Requisition to any blood collection laboratory, such as LifeLabs® or Dynacare®. Visit their websites for the most up-to-date information on available locations and how to plan for your visit.



WHILE SAME DAY BLOOD COLLECTION IS PREFERRED, IT IS NOT ESSENTIAL. THE BLOOD TEST CAN BE DONE ANY TIME AFTER THE ULTRASOUND, UP UNTIL APPROXIMATELY 13 WEEKS AND 3 DAYS OF PREGNANCY.



STEP 4

OBTAIN RESULTS

The results from eFTS will be sent to your health-care provider within approximately 5 business days. Make a plan with your provider about how and when the results will be given to you.

HOW DO I GET MORE INFORMATION?

Visit our website to read more about [eFTS](#) and other screening options. Speak to one of our Genetic Counsellors.

