



# How to Get enhanced First Trimester Screening (eFTS)

eFTS is an optional prenatal genetic screening test that can tell you the chance of your baby having trisomy 21 (Down syndrome) or trisomy 18 (Edwards syndrome). eFTS involves a nuchal translucency (NT) ultrasound and a blood test in the first trimester of pregnancy.

- 1 Find Ultrasound Location**

Your health-care provider might suggest a hospital or clinic for your NT ultrasound. If needed, you can find a location using the [interactive map](#) on our website.
- 2 Book NT Ultrasound**


You can have the NT ultrasound between 11 weeks 2 days and 13 weeks 3 days of pregnancy. Knowing how far along you are in the pregnancy is key for timing this ultrasound. The NT ultrasound can be booked by you or your provider by contacting the ultrasound facility.
- 3 Go for NT Ultrasound**


The [Multiple Marker Screening requisition](#) from your provider is finalized at the time of your ultrasound. You need this requisition for the blood test.
- 4 Get Blood Test**


It is preferred that you have the blood test on the same day if possible, but this is not essential. You can have it any time after the ultrasound, up until 13 weeks 3 days of pregnancy. Take the Multiple Marker Screening requisition to any blood collection laboratory, such as Lifelabs® or Dynacare®.
- 5 Get Results**

The results are sent to your health-care provider about 5 business days after your blood test. Make a plan with your provider for how the results will be given to you.

## HOW TO GET MORE INFORMATION

 [www.PrenatalScreeningOntario.ca](http://www.PrenatalScreeningOntario.ca)

 [PSO@BORNOntario.ca](mailto:PSO@BORNOntario.ca)

 1-833-351-6490  
(toll-free)