

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 pregnancy is key for timing this ultrasound. The NT ultrasound can be booked by you or your health-care provider by contacting the ultrasound facility.

3 Go for NT ultrasound

Bring the [Multiple Marker Screening requisition](#) from your health-care provider to your ultrasound appointment. The requisition will be finalized during your ultrasound and you will need to take this with you to complete the blood test.

4 Get blood test

It is preferred that you have the blood test on the same day as your ultrasound if possible, but this is not essential. It can be done any time after the ultrasound, up until 13 weeks + 3 days of pregnancy. Take the Multiple Marker Screening requisition to any community 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.

