Amniocentesis or Chorionic Villus Sampling (CVS) 
Information for the day of the procedure

What preparation is needed?

- You may eat and drink normally before having an amniocentesis or CVS. You do not need to have a full bladder.
- Please bring a support person with you to this appointment. You may also bring water and snacks.
- Please arrive 10 minutes before your scheduled appointment to check in. This gives the nurse time to get your medical records ready.

Please note! Hamilton Health Sciences is a teaching hospital. An obstetrician who is training in Maternal Fetal Medicine (MFM) may take part or do the procedure under the guidance of a MFM Specialist.

What activities can I do after the amniocentesis or CVS?

- You may drive yourself home as soon as you feel ready.
- We recommend that you take the day off work to rest. Bed rest is not necessary.
- Do not do any strenuous exercise or work activity for 24 hours.
- Do not lift anything over 15 pounds for 24 hours.
- If you have a transvaginal CVS, do not have sexual intercourse, a bath, hot tub or swim for 48 hours. A shower is fine.

What can I expect after an amniocentesis or CVS?

- A small amount of bleeding or spotting, and mild cramping is normal for the first day or two after the procedure.
- You may have soreness or bruising on your skin where the amniocentesis or CVS needle was inserted.
**Call your own doctor or midwife if you have any of the following:**

- heavy vaginal bleeding
- clear, watery vaginal discharge
- severe cramping
- fever of 38°C or 100.4°F or higher
- any changes with your pregnancy that are of concern

If you are unable to reach your own doctor or midwife, please call Labour and Delivery at McMaster – **905-521-5050**.

**What if my blood type is Rhesus (Rh) negative?**

If your blood type is Rh negative we recommend that you receive Rh immune globulin (WinRho) before you go home from the hospital. Rh immune globulin is given by a needle into a muscle.

**How will I find out the results?**

When your test results are available, we will contact you to discuss the test results and what they mean for your pregnancy. A written report will also be sent to your own doctor or midwife.

- QFPCR results are usually available in 2 to 5 days. This tests for chromosomes 21 (Down syndrome), 18, 13, and the sex chromosomes.
- Micro Array results can take 4 weeks. This test looks for small changes in fetal DNA that may diagnose more rare genetic syndromes. This test is not routinely offered.

**If you have questions about the procedure, you may call:**

- Your own obstetrician, family doctor or midwife
- The Genetic Counsellor you met in the Prenatal Diagnosis Clinic at 905-521-2100, ext. 76247