

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.



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