

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 2 days to 13 weeks 3 days gestation. Knowing the gestational age of your pregnancy is key for timing eFTS. Discuss this with your healthcare provider.

HOW DO I GET eFTS?

eFTS is arranged through your healthcare 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 healthcare 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 healthcare 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 [Prenatal Screening Requisition](#) (also known as the Multiple Marker Screening Requisition) will be filled out at the ultrasound facility.



STEP 3 GET BLOOD TEST

Take the Prenatal 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 3 DAYS GESTATION.



STEP 4 OBTAIN RESULTS

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



PRENATAL SCREENING
DÉPISTAGE PRÉNATAL
ONTARIO

HOW DO I GET MORE INFORMATION?

Visit our website to read more about [eFTS](#) and other screening options
Speak to a Genetic Counsellor

