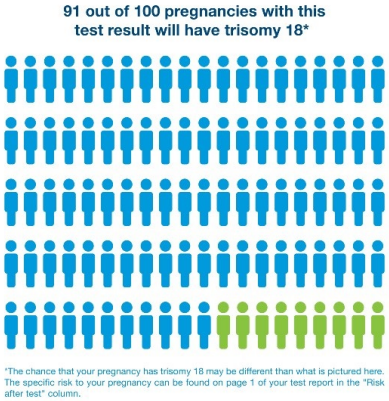
natera™ | Panorama™ Next-generation NIPT

# Understanding Your Results

## High risk for trisomy 18

### What do my results mean?

Your results show that your pregnancy has a high risk for trisomy 18 (sometimes known as Edwards syndrome). **This result *does not* mean that your baby has trisomy 18.** The specific chance that your baby has trisomy 18 can be found on page 1 of your test report under “Risk after test.” To know for sure whether your baby has trisomy 18, you would need to have additional testing. You should not make decisions about your pregnancy based only on this Panorama result, as it is not certain that your baby has trisomy 18.

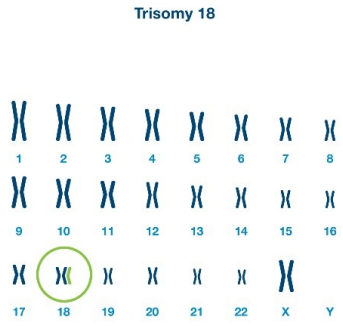



### What is trisomy 18?

Trisomy 18 is a genetic condition that about 1 in 5000 babies are born with. Babies born with trisomy 18 usually have life-threatening birth defects and severe intellectual disability. Many pregnancies with trisomy 18 end in miscarriage. Most babies born with trisomy 18 live no longer than a few days or weeks. About 5-10% of babies with trisomy 18 will live longer than one year.[1]

### What causes trisomy 18?

Trisomy 18 usually happens by chance. Parents cannot cause trisomy 18 to happen by anything they do before or during a pregnancy. Trisomy 18 happens when a baby has an extra copy of chromosome 18. Chromosomes are tiny structures inside our cells that hold our genes and genetic material. Most people have 46 chromosomes that come in 23 pairs in every cell of their bodies. People with trisomy 18 have three copies of chromosome 18 instead of the two copies that most people have.



## What can I do next?

You should talk to your healthcare provider about these results. They usually will refer you to a genetic counselor and/or a maternal-fetal medicine specialist to talk about your options for further testing.

If you want to find out if your baby has trisomy 18 during pregnancy, you can have a test called a CVS (chorionic villus sampling) or an amniocentesis. These tests are diagnostic and will tell you for sure if your baby has trisomy 18 or not. Both tests have a small risk of miscarriage.

If you do not want these tests during pregnancy, the baby can be tested after birth using blood from the umbilical cord. This testing is also diagnostic and will tell you for sure if your baby has trisomy 18.

## Where can I find more information?

- Genetic and Rare Disease Information Center rarediseases.info.nih.gov/diseases/6321/trisomy-18
- Trisomy 18 Foundation trisomy18.org
- MedlinePlus medlineplus.gov/genetics/condition/trisomy-18
- CVS marchofdimes.org/find-support/topics/planning-baby/chorionic-villus-sampling
- Amniocentesis marchofdimes.org/find-support/topics/planning-baby/amniocentesis

**NEVA is always available to help you learn about your results. You can connect with Natera's Educational Virtual Assistant (NEVA) by logging into the patient portal at my.natera.com.**

If you would like to discuss your results with a Natera genetic counselor, you can schedule a free information session at naterasession.com, by texting SESSION to 636363, or by calling 1.877.476.4743. Please select **Panorama Non-Invasive Prenatal Chromosome Screening Post-Test** as the appointment type.

You can find a local genetic counselor through the National Society of Genetic Counselors at findageneticcounselor.nsgc.org.

1. MedlinePlus [Internet]. Bethesda (MD): National Library of Medicine (US); [updated 2022 Jan 19]. Trisomy 18; [updated 2021 Feb 16; reviewed 2021 Feb 16; cited 2022 Jan 24]; [about 5 p.]. Available from: medlineplus.gov/genetics/condition/trisomy-18.

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