Pre-conception Consultation

What is Pre-conception Genetic Consultation?
Genetic counseling is offered prior to pregnancy for individuals or couples at risk for certain genetic disorders, birth defects, those who have had several miscarriages, or who have certain medical conditions.

Why is Pre-conception Genetic Consultation important?
Pre-conception genetic counseling allows individuals and couples the opportunity to discuss their family, pregnancy, and medical histories. Consultation also provides time to discuss options available for future pregnancies.

If there is a family history of a genetic condition, testing for the parents or the pregnancy can be discussed, including the risks, benefits, and limitations of the test. If there is a family history of birth defects, the causes of the birth defects and any association with a genetic condition will be discussed.

For couples who have had three or more miscarriages, the genetic counseling session will cover possible causes of those miscarriages, as well as the availability of testing for the parents to identify the cause.

For parents who themselves have certain medical conditions, this is the time to discuss the role those conditions may play during pregnancy. Medications taken to treat those medical conditions will be reviewed, along with any concerns regarding exposure during pregnancy.