



MOUNT SINAI
SCHOOL OF
MEDICINE

Division of Medical Genetics

Department of Genetics and
Genomic Sciences

Mailing address:
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New York, NY 10029-6574

Patient Address:
1428 Madison Avenue (at 99th Street)
New York, NY 10029

Instructions for patients who are planning to have a CVS procedure:

1. Please **have an ultrasound** after approximately the 7th week of pregnancy in order to confirm the gestational age of the pregnancy.
2. Please call the Department of Genetics and Genomic Sciences at (212)241-6947 in order to **schedule a genetic counseling appointment**. During this appointment you will learn about the benefits, limitations, and risks of the CVS procedure, provide pregnancy, medical and family histories, and discuss issues of concern as well as available genetic testing options. This appointment must take place prior to the CVS.
 - If your genetic counseling appointment and your CVS procedure are on the same day, allow a minimum of 2 hours between the scheduled appointments.
 - Arrange for your physician's office to fax the following information to the Department of Genetics and Genomic Sciences at (212)860-3316 prior to your counseling appointment: blood type and antibody screen, complete blood count (CBC), hemoglobin electrophoresis, and the results of any carrier screening that you may have had (such as for cystic fibrosis, fragile X, spinal muscular atrophy, and the Ashkenazi Jewish screening panel). It is possible that some of these tests may not have been performed.
 - The counseling appointment will take place on the first floor of the Atran laboratory building located at 1428 Madison Avenue (~99th Street). Arrive approximately 15-20 minutes prior to your scheduled appointment in order to fill out necessary paperwork. This paperwork is also available for completion prior to the appointment at www.mountsinaigcforms.org.
3. Please call the Department of Maternal-Fetal Medicine (MFM) at (212)241-6551 to **schedule the CVS procedure**.
 - The CVS will be performed at Maternal-Fetal Medicine, which is located on the second floor of 5 East 98th Street (between Madison and Fifth Avenues). Please arrive approximately 15-20 minutes prior to your scheduled appointment in order to fill out necessary paperwork.
 - Please **bring the following on the day of your CVS procedure**: your clearance form (provided to you by your genetic counselor) and a record of your blood type (provided to you by your obstetrician or genetic counselor). If needed, the fax number for maternal-fetal medicine is (212)348-7438.
 - Empty your bladder approximately one hour prior to the CVS appointment. Drink approximately 16-24 ounces of fluid so that your bladder is moderately full at the time of the procedure. Feel free to eat prior to the CVS procedure.
 - If you currently take a blood thinner, you will most likely be advised to discontinue the medication temporarily prior to the CVS procedure. Please speak with your physician in order to receive specific instructions.
 - For those with an Rh negative blood type (A-, B-, AB-, or O-) who have not been sensitized by a previous pregnancy or transfusion, it is recommended that a medication called Rhogam be administered within 48 hours after the CVS procedure. Unless your private physician is planning to administer the medication, please bring the Rhogam to your CVS procedure so that the Maternal-Fetal Medicine physician can do so. If you would like to fill the prescription near the hospital, your physician can call the order into one of the following pharmacies, both of which are located on Madison Avenue between 97th and 98th street:
Madison Avenue Pharmacy (212)722-3200 or Drug Loft (212)996-9499.
 - Please relax for the remainder of the day after the procedure and abstain from exercise, heavy lifting, and intercourse for at least 48 hours.