

## Fact Sheet

# After your Chorionic Villus Sampling (CVS) or Amniocentesis

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### What to expect

During the procedure and after, it is common to experience some abdominal cramping similar to period pain. You may also have some light vaginal bleeding or "spotting" for a day or two. The period pain feeling may persist for 24-48 hours but should settle with paracetamol. Generally women may resume their regular activities the day after the procedure but may wish to avoid strenuous activities or heavy lifting for a few days. There is no need to rest in bed.

For pain you can have paracetamol (Panadol) every 4-6 hrs (no more than 8 in 24hrs). Do not take Nonsteroidal anti-inflammatory drugs (NSAID) such as ibuprofen (e.g. Nurofen) or aspirin.

Present to the nearest Emergency Department if you experience any of the following symptoms.

- severe cramping (It is normal to experience some cramping, which usually resolves in a few hours)
- persistent contractions or severe abdominal pain
- heavy vaginal bleeding (e.g. heavier than day 1 of your normal period or passing clots)
- clear, watery vaginal discharge
- fever over 38 C
- any changes with your pregnancy that are of concern.

### Results

Results and on-going management will be with your referring doctor. You may receive a phone call when your results are available. You may be asked to come to the clinic to discuss them. Results are usually available in 10 – 12 days and are >99% accurate. Additional studies may take longer.

Amniocentesis and CVS do not replace the need for an ultrasound scan. All on-going pregnancies should have an 18-20 week ultrasound scan and all routine antenatal care.

### Miscarriage

It is difficult to give a definite reason why miscarriage happens after amniocentesis or CVS. Especially as this is the stage in pregnancy some women would naturally miscarry. The risk for miscarriage after an amniocentesis is one out of every 200 women, over the background risk. The risk after a CVS is one out of every 100 women, over the background risk.

Most of those women who have a miscarriage due to the procedure will have it very soon afterwards, within around 72 hours. There is still a risk of miscarriage after this, and for up to two weeks after, but it is extremely unlikely to happen. If there has been no problem by three weeks after the test then any complication would be unlikely to be due to the test.

**For further advice, please see the contacts below who are available to assist you.**

**Maternal Fetal Medicine Midwife**

Mobile: 0428 611 831

Monday to Friday, 8:30am – 3:30pm

**Westmead Early Pregnancy Assessment Clinic (EPAC) in the Women's Health Clinic**

Monday to Friday, 4pm – 7:30pm

Weekends & Public Holidays, 7:30am – 7pm

Ph. 8890-9193

- ✓ Leave your name, contact number and hospital medical record number.
- ✓ A midwife will return your call to arrange an appointment and give advice.

Contact your local hospital EPAC if you are not in the Westmead Hospital area.

**We welcome further feedback on this brochure as a way of continually improving our service.**

**Send your feedback to:**

WSLHD-Get\_Involved@health.nsw.gov.au