



Nuchal Fold Scans

Nuchal fold scans questions answered

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What is a thick nuchal fold?

When the nuchal fold has a thickness of over 6 mm, the baby is considered to have a high chance of fetal abnormalities such as Down's Syndrome, heart problems and other anomalies.

Usually the nuchal fold grows in proportion to the developing baby. For example, when a baby measures between 45 to 84 mm (1.8 to 3.3 inches), a nuchal fold of under 3.5 mm would be considered to be within the normal range.

What is normal nuchal translucency?

The nuchal translucency normally develops in proportion to the growing baby. 90% of babies with a NT measurement within the range of 2.5 mm to 3.5 mm will not develop Down's Syndrome.

What is normal nuchal fold thickness at 12 weeks?

When the baby has reached 12 gestational weeks of pregnancy, the average range for nuchal thickness comes in at 2.18 mm. However statistics have also revealed that 13% of babies who present with a NT of over 2.5 mm at 12 weeks are born chromosomally normal.

How accurate is the nuchal translucency test?

The nuchal translucency test is considered to be between 70% to 80% accurate. When performed along with an ultrasound and blood tests, the accuracy rises to between 80% to 90%.

The Harmony Test is a more accurate and non-invasive alternative.

When should nuchal translucency be done?

The nuchal translucency test needs to be carried out between gestational weeks 11 to 14, as this is the period when the neck of the baby is still transparent.

What causes Down syndrome during pregnancy?

Trisomy 21 is the more common version of Down's Syndrome. This is when people have 47 chromosomes per cell, as opposed to 46. Trisomy 21 occurs when nondisjunction takes place – this is an error in how the cells divide.

How can you prevent Down syndrome during pregnancy?

The best way to try to prevent Down's Syndrome is by planning ahead before conception. Taking 400 mcg (micrograms) of folic acid each day ideally at least a full month if not longer before conception. Then you need to continue to take in during your early pregnancy.