



## Cystic Fibrosis Carrier Screening

### What is Cystic Fibrosis?

Cystic fibrosis is a genetic disorder in which an abnormal gene is passed from parents to their children. It is an illness that does not have a cure, though treatment options are available. CF affects all of the organs in the body, but it most commonly causes problems with the gastrointestinal and respiratory systems. It does not affect a person's physical appearance or mental abilities.

### What is Cystic Fibrosis carrier screening?

Cystic Fibrosis is a recessive trait, which means that people can carry the gene that causes cystic fibrosis without actually having the illness. These people are called "carriers". If two carriers have a baby, there is 25% chance that their child will have cystic fibrosis. Carrier screening is a blood test that can be performed before or during pregnancy to determine whether or not a mother carries this gene.

### Is testing covered by my insurance?

Although this simple test is highly recommended, insurance coverage varies greatly. For this reason, it is recommended that patients check with their insurance company to see if this test is covered. To check coverage, call the customer service number on the back of your card and give the representative the following information:

Diagnosis Code:

Z31.430

Test Code:

81220

### What if my test is negative?

A negative test indicates that your risk of being a CF carrier is extremely small. No additional testing is recommended for you or the baby's father.

### What if my test is positive?

A positive result indicates that you are a carrier of the abnormal gene that causes cystic fibrosis. If your test is positive, your doctor will recommend that the baby's father undergo the same test. If both of you are positive, there is only a 25% chance that your baby will have cystic fibrosis.

### What if I've been tested in the past?

If you have had a cystic fibrosis carrier screen in the past, please tell us! Your result will not change, so repeating the test is not necessary. We will simply add your result into your medical record.