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CYSTIC FIBROSIS SCREENING

Cystic fibrosis is an inherited disease that affects 1 in 250 infants. This serious disease causes children to have trouble clearing mucous secretions from their lungs and other organs. With your routine first trimester blood work we usually order a screen to see if you are a carrier for the genetic mutation that causes cystic fibrosis. If the test shows you are a carrier we will recommend testing for the father of the baby in order to determine any risk for your unborn baby.

The testing is expensive. Most insurance plans generally cover this test but occasionally there is a problem with reimbursement which would leave you responsible for payment. Cystic fibrosis testing is recommended but optional. If you have had testing in a previous pregnancy, you do not need to be tested again.



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How can I prevent vaginal infections?

- Good hygiene-wiping from front to back
- Use unscented soaps and laundry detergents. Do not use bubble bath or bath oils
- Use unscented tampons, pads and toilet paper
- Wear cotton underwear. Avoid thongs. Avoid tight clothing
- Do not douche. Do not use feminine deodorant sprays or wipes.
- Keep the perineal area dry. Change out of wet swimsuits or exercise clothes as soon as possible
- Avoid shaving the perineal area as this can cause irritation that leads to infection
- Taking probiotics can help promote the growth of the beneficial/healthy bacteria in the body. When choosing a probiotic look on the label for one that has at least 7 different strands of bacteria and at least 10 million cultures. Ones that require refrigeration are best.
- Vitamin D3 5000 IU daily for at least one month can help in the cases of recurrent BV