

# Family Planning

*There are many family planning options currently available for women who are carriers of hemophilia*

## **Does my unborn child have hemophilia?**

*Prenatal Diagnosis: Chorionic Villus Sampling (CVS) or Amniocentesis (amnio)*

- » Both CVS and amniocentesis can help couples learn if they are carrying a boy with or without hemophilia
- » A small sample of the placenta (chorionic villi for CVS) or the fluid surrounding the baby (amniotic fluid for amniocentesis) is taken and tested to see if the pregnancy has the hemophilia-causing genetic alteration in the family
- » Fetal gender can also be determined
- » CVS has a less than 1% risk of miscarriage and is performed between 10-12 weeks of pregnancy
- » Amniocentesis has a less than 0.5% risk of miscarriage and is performed after 15 weeks of pregnancy

## **Does my newborn child have hemophilia?**

*Cord Blood Testing*

- » If the newborn baby is a boy, blood from his umbilical cord is collected in a special way and sent to the laboratory
- » The lab looks at his factor VIII and/or IX activity level to determine if he has hemophilia

## **Are there other family planning options?**

*In-vitro fertilization (IVF) with Preimplantation Genetic Diagnosis (PGD)*

- » PGD can significantly raise the chance that a couple's children will be of a certain gender or will not have hemophilia
- » A woman's eggs are collected and fertilized with sperm from her partner (IVF)
- » When the fertilized eggs have developed for 3 to 5 days, testing (PGD) is performed to look for the genetic alteration causing hemophilia and/or whether the fertilized eggs are male or female

*Using an Egg Donor*

- » A couple may conceive a pregnancy through in-vitro fertilization using the egg of a donor (anonymous or a family member) who is not a carrier of hemophilia

*Adoption*

- » Some couples are not comfortable with having a child with hemophilia, but are also not comfortable with choosing IVF or prenatal testing. For these couples, adoption may be a choice

## **Getting More Information**

Because we are all different, there is no single choice that is right for everyone. If you are interested, genetic counselors can give you detailed information about all of your options in a judgement-free environment to help you make the decision that is right for you.

If you would like more information, please contact the IHTC's Genetic Counselors. We're here to help.