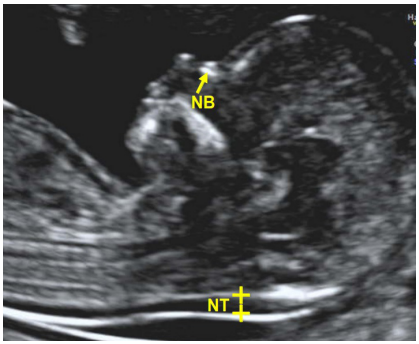
NHS
The Leeds Teaching Hospitals
NHS Trust

Increased Nuchal Translucency Measurement

Information for patients

Leeds
Maternity Care



This information leaflet explains what an increased Nuchal Translucency measurement is, and what will happen if an increased measurement is identified at your dating scan.

What is the Nuchal Translucency (NT)?

The NT is a fluid filled pad at the back of the baby's neck. This is assessed as part of the recommended pregnancy dating scan between 11 -14 weeks of your pregnancy.

If you have opted for the Combined Screening blood test, this measurement is recorded and combined with other information to calculate the chance of your baby having Down's syndrome, Edwards syndrome and Patau's syndrome.

If the NT appears increased during the dating scan, it will be measured even if you have opted out of the combined screening test. This is because it can help alert to other health conditions in your baby.

An NT measuring over 3.4mm is considered increased and you will be reviewed by a Screening or Fetal Medicine Midwife.

What could it mean if the NT measurement is over 3.4mm?

An NT measurement of over 3.4mm could be a normal finding for your baby. An increased NT can be associated with a chromosome change such as Down's, Edwards or Patau's

syndrome or a rarer chromosome change.It could also be associated with a structural change to your baby's anatomy such as a heart condition. There is also a slightly increased risk that a miscarriage may occur.

It is important to note that the NT measurement alone cannot tell you definitely, if there is a health condition with your baby.

The table below summarises the likelihood of an associated health condition depending on the range of the NT measurement.

NT	Chromosomal Defect	Pregnancy loss	Major Fetal Anomaly	Alive and well
3.5-4.4mm	21.1%	2.7%	10%	70%
4.5-5.4mm	33.3%	3.4%	18.5%	50%
5.5-6.4mm	50.5%	10.1%	24.2%	30%
>6.5mm	64.5%	19%	46.2%	15%

What happens next?

Following your scan you will be referred to one of the Screening & Fetal Medicine Midwives for support. The will discuss the findings from your scan and the options available to you. The options include:

- No further tests.
- A scan and consultation with a Consultant in the Fetal Medicine Unit at LGI.
- The Combined Screening blood test.
- A detailed heart scan for your baby in the Fetal Echo department at LGI at around 19 weeks.

Cont...

- An anatomy scan between 18-20 weeks (normally 20 weeks). This will check your baby thoroughly looking for any abnormalities that may indicate an underlying health condition. This scan cannot detect all possible conditions as this is a screening test.
- A diagnostic test may offered, for example Chorionic Villus Sampling (CVS) or an Amniocentesis. (see information leaflet on CVS and Amniocentesis).

For more information please contact (Monday-Friday 8am-5pm):

Screening Team

0113 206 5530

Leedsth-tr.screeningoffice@nhs.net

Fetal Medicine Unit

0113 392 7172

leedsth-tr.FetalMedicineLeeds@nhs.net

What did you think of your care?

Scan the QR code or visit **bit.ly/nhsleedsfft**

Your views matter

Developed by: Alison Perry • Fetal Screening Co-ordinator, Denise Barnes • Fetal Medicine Specialist Midwife / Team Leader
Produced by: Medical Illustration Services • MID code: 20180820_006/DG

LN004410
Publication date 08/2021
Review date 08/2023