

# Low PAPP-A

Information for patients



## Introduction

Your recent blood test has shown that one of the hormones (PAPP-A) measured in your combined screening test is lower than expected. This finding does not affect the result of the screening test for Down's, Edwards and Patau's syndromes that you have been given.

## What is PAPP-A?

Pregnancy Associated Plasma Protein-A (PAPP-A) is a hormone that is made by the placenta (afterbirth) in pregnancy. It is measured as part of the Combined Screening test.

## What does Low PAPP-A mean?

Lower levels of PAPP-A (when it is less than 0.415MoM in pregnancy) may be associated with:

- A lower birthweight baby
- An increased chance of developing a blood pressure condition in pregnancy called pre-eclampsia
- There may also be an increased chance giving birth before 37 weeks of pregnancy (preterm birth)

## What does this mean for you and your baby?

In line with National Guidelines we recommend that you take Aspirin 150mg Once a day at night time from 12 to 36 weeks of pregnancy. Aspirin is readily available at most supermarkets.

Aspirin is safe to take in pregnancy and does not appear to have any short or long term effects on the baby. Studies have shown that it does not increase the risk of bleeding for people at delivery. Aspirin should be avoided in people who are severely asthmatic, allergic to aspirin or who have long term bleeding or platelet disorders.

We will arrange additional growth scans of your baby approximately every four weeks from 32 weeks gestation. These scans will monitor the growth of baby and also assess the amniotic fluid around the baby and blood flow through the cord.

You will continue to see your Community Midwife for routine antenatal care. At every appointment with your Midwife you will be offered to have your blood pressure and urine checked.

## What can I do to help?

If you smoke, it is important that you stop smoking as smoking can affect how well the placenta works and reduce baby's growth. Your Midwife can refer you to the stop smoking service. More information about the benefits of being smoke-free can be found here: <https://www.nhs.uk/pregnancy/keeping-well/stop-smoking/>

As the baby grows you will become aware of the pattern of your baby's movements. If you think your baby's movements have slowed down, stopped or changed please contact Maternity Assessment Centre or Day Unit at the hospital you are booked.

## LGI Maternity Assessment Centre

0113 392 6731 (24 hours)

## LGI Day Unit

0113 392 6588 (09:00 to 16:30)

## SJUH Maternity Assessment Centre

0113 206 5781 (24 hours)

## SJUH Day Unit

0113 206 5326 (09:00 to 16:30)

## Who can I speak to if I need further information?

You can speak to your Community Midwife at your 16 week appointment or call the Antenatal Screening Team on **0113 206 5530** if you have further questions.



## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

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