

When a Scan Shows a Nuchal Translucency (NT) Measurement of 3.5 Millimetres or More - Information Leaflet

We have given you this leaflet because your baby's nuchal translucency (NT) is 3.5mm or more. We hope that this leaflet will answer some of your questions. We will offer you an appointment to see a Consultant in the Fetal Medicine Unit at Liverpool Women's Hospital so they can assess your pregnancy and offer further tests if necessary.

What Is Nuchal Translucency (NT)?

Every unborn baby has some fluid under the skin at the back of their neck. This fluid is called nuchal translucency (NT). You can see this fluid on the ultrasound scan early in pregnancy. It is part of a baby's normal development in the womb. If your baby has more fluid than usual, it can sometimes be a sign they have a health problem. This may be a physical problem (for example, a heart problem) or chromosome condition (for example, Down's syndrome).

It is important to remember that many babies who have more fluid than usual at the back of their neck at an early scan are born healthy and well.

Why Do You Measure NT?

All pregnant women in England are offered a screening test to give them information on the chance of their baby having one of three chromosomal conditions; Down's, Edwards or Patau's. We measure NT as part of the 'combined' screen test for these syndromes. This test combines the results of a blood test taken from the mother with the measurement of the NT from the baby seen on the scan and clinical information written on the form.

You may have chosen not to have your baby screened for Down's, Edwards or Patau's syndromes. However, because an increased NT can also be linked with other physical problems and other chromosomal conditions in your baby, the person doing the scan will tell you if they see more than 3.5mm of fluid at the back of your baby's neck.

What Is A Normal NT Measurement?

We cannot give you a normal figure, because the NT usually grows in proportion with your baby. This means that the measurement depends on how many weeks pregnant you are when you have your scan. However, we do know that if early in your pregnancy your NT is 3.5mm or more, there is more chance that your baby will have a physical problem or chromosome condition.

What Happens Now I Know My Baby Has An Increased NT Measurement?

You will be offered an appointment to see a Consultant in the Fetal Medicine Unit at Liverpool Women's Hospital so they can assess your pregnancy via specialist scan(s). Depending on the findings, you may be offered further tests. We aim to offer you an appointment within 3-5 working days from your ultrasound scan.

You will be contacted by a Fetal Medicine Midwife by telephone or post to inform you of the date of your appointment as soon as possible.

Although this can be worrying, it is important to remember that many babies with a raised NT measurement are healthy. An increased NT does not mean there is definitely a problem.

Please do not forget to bring your hand held notes to your appointment

Who Can I Contact For Further Information & Support?

Fetal Medicine Unit 0151 702 4072 9-5pm Monday to Friday

Screening Midwife 0151 708 9988 ext 1083 9-5pm Monday to Friday

Maternity Assist – online information and support for women booked into maternity care at Liverpool women's Hospital - please type Maternity Assist into your search engine or use this web address:

<https://liverpool-womens.custhelp.com/>

Antenatal Results & Choices (ARC) – a national charity helping parents and healthcare professionals through antenatal screening and its consequences - 020 7713 7356 or use this web address:

<https://www.arc-uk.org/>

This leaflet can be made available in difference formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at pals@lwh.nhs.uk