

## Low Pregnancy Associated Plasma Protein-A

You have been found to have a low Pregnancy Associated Plasma Protein-A (PAPP-A) result on your recent combined antenatal screening blood test.

### What is PAPP-A?

PAPP-A is a protein that is made by the placenta. It is measured as part of the combined screening blood test. Low PAPP-A is defined as less than 0.415 MoM (multiple of the median)

MoM stands for Multiple of Median, where 1.0 is the median average, lower than 1.0 is less than the average and vice versa.

### What does low PAPP-A mean?

Most babies born to women with a low PAPP-A will have a normal weight at birth and be born at the expected time. Low PAPP-A isn't uncommon even though you may not have heard of it before. However, low levels of PAPP-A may be associated with an increased chance of pregnancy complications including a smaller than expected (growth restricted) or earlier than expected (preterm) baby. There is also a slightly higher chance of developing pre-eclampsia.

Therefore, we would like to offer you a uterine artery doppler scan between 18-20 weeks which is a specialist scan looking at the blood flow to the placenta. This happens at the same time as your anomaly scan. If the uterine artery doppler scan identifies any further issues the fetal medicine team will put a plan in place with you.

In line with national guidelines, we would also recommend that you take low dose aspirin daily, if you are not already doing so. The recommended dosage is 150mgs to be taken every evening throughout your pregnancy. Liverpool Women's Hospital routinely request

your GP provides you with a prescription for aspirin, it can also be purchased at your local pharmacy.

It is important that you keep all your routine community midwife appointments, so that the health and wellbeing of you and your baby can be monitored throughout the pregnancy.

### **What can I do to help my baby grow well?**

As smoking can affect the placenta and the growth of the baby, we recommend all pregnant women stop smoking. You can speak to your midwife for referral to our smoking cessation midwife who can provide you with help and support, including the offer of nicotine replacement therapies. Monitoring your baby's movements is a good way to check on your baby's wellbeing. If your baby's movements concern you, slow down or stop you must contact the maternity unit immediately.

### **Contact Details**

Antenatal Screening Office – 0151 708 9988 ext 1083/ 0151 702 4106

Screening Team Mobile – 07971 527 341

Maternity Assessment Unit – 0151 702 4413

Fetal Medicine Unit – 0151 702 4072

Tommy's Fetal Movements leaflet - [Baby movements in pregnancy | Tommy's \(tommys.org\)](http://www.tommys.org)



**This leaflet can be made available in different 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](mailto:pals@lwh.nhs.uk)**

Liverpool Women's NHS Foundation Trust  
Crown Street  
Liverpool  
L8 7SS

Tel: 0151 708 9988

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