

## WHAT IS THE TEST?

Amniocentesis involves withdrawing a small amount of fluid from the amniotic sac around the baby. A fetal lung maturity test checks the readiness of your unborn baby's lungs to see if the baby will be able to breathe without difficulty following delivery.

## WHEN IS FETAL LUNG MATURITY DETERMINATION NEEDED?

This test may be done when delivery of the baby before 39 weeks is considered for a variety of indications. Your health care provider can use the results of the test to weigh the risks of early delivery against the possible risks of waiting until the baby is more mature.

## HOW DO I PREPARE FOR THIS PROCEDURE?

You do NOT need to have a full bladder for the amniocentesis. You may eat whatever you would like prior to the test.



## WHAT HAPPENS DURING THE PROCEDURE?

An ultrasound examination is performed before the procedure to calculate the baby's weight and determine fetal position, the amount of amniotic fluid and placental location. Your abdomen is cleaned with an antiseptic. Ultrasound is used to locate the best pocket of amniotic fluid, away from the baby. The needle is placed into this area under ultrasound guidance. You may feel some discomfort when the needle is inserted into your abdomen.

A small amount of fluid (less than a tablespoon) is withdrawn and sent to the lab for testing. The fetal heart rate is then checked to ensure it is normal. The test results help your health care provider predict whether the baby's lungs are mature enough for delivery. A mature result indicates the baby's risk for breathing problems is less than 1-2%.

## WHAT HAPPENS AFTER THE PROCEDURE?

You will have a nonstress test (continuous monitoring of the fetal heart rate) performed for approximately 30 minutes to ensure the baby is well after the test.

If your blood type is negative, you will receive a Rhogam injection prior to leaving our office.

## WHEN ARE THE RESULTS AVAILABLE?

The test results are available either the same day as the procedure or the next day, depending upon the testing required. If the test is immature, the baby may have significant problems breathing after birth and delay of delivery will likely be recommended. The length of time delivery is delayed will depend upon the results and the reason the test is being performed.

## WHAT ARE THE RISKS ASSOCIATED WITH THIS PROCEDURE?

The overall risk of complications from this procedure is very low, considerably less than 1%. If a problem occurs, it may be related to rupture of the amniotic sac, contractions or labor or bleeding from the placenta.

## WHEN SHOULD I CALL MY HEALTH CARE PROVIDER?

- Regular contractions or severe cramping (It is normal to have some brief cramping.)
- Vaginal bleeding or leaking of fluid
- A fever over 100°F
- Decreased fetal movement



# AMNIOCENTESIS FOR FETAL LUNG MATURITY



 **Saint Alphonus**  
Maternal-Fetal Medicine

900 N. Liberty, Suite 206  
Boise, ID 83706  
(208) 367-5544

 **Saint Alphonus**  
Maternal-Fetal Medicine