

# Amniocentesis and Chorionic Villus Sampling (CVS) testing – information for women

This leaflet has been written to provide you with information following the above tests. If you are unsure about anything then please contact the screening co-ordinators on 07768 752 563.

## What should you do following the test?

- You should take life gently for 48 hours after the test. Do not do any strenuous physical exercise such as jogging.
- It is not necessary to go to bed, but choose activities with minimal exertion required and avoid physical exercise.
- It is not recommended to fly in the 48 hours after either test.
- You may feel sore or bruised where the needle was inserted. This is not unusual or worrying and you can take the recommended dose of paracetamol if you need to.
- You should not have persistent abdominal pain or pains that feel similar to period pain, labour pains. There should be no bleeding or sudden loss of fluid from the vagina.
- If you do experience any of the above please contact the maternity unit on 07768 752 563. This 24-hour line will direct you to the correct area, depending on the time of day.
- Persistent pain (despite taking paracetamol), bleeding or leaking does not always mean that you are going to miscarry but it is advisable to be seen in the hospital.

## When to expect your results

- Routine amniocentesis and CVS results generally take 3-4 working days.
- Some results can take longer than 3-4 working days. This will be discussed with you at the time of testing.
- The result will be phoned through to you on the contact number you have given the team.

## Useful contacts

- Emergency contact number/Screening midwives: 07768 752 563
- Antenatal Results & Choices (ARC) - Helpline 0845 077 2290 Website [www.arc-uk.org](http://www.arc-uk.org)

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

Screening Midwives, March 2018

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