



## **CHORIONIC VILLUS SAMPLING (CVS)**

### **PATIENT INFORMATION**

#### **What is CVS?**

Chorionic villus sampling or CVS, is a procedure where a small sample of cells is taken from the placenta and tested. CVS detects some of the same chromosomal problems as amniocentesis.. This test can be performed earlier than amniocentesis—often at 10–12 weeks of pregnancy.

The small sample of tissue is taken from the placenta contains cells with the same genetic makeup as the fetus. The sample can be obtained transvaginally through the cervix, or through the abdominal wall.

The sample is then sent for processing in the lab, where the cells are grown in a culture for about 7 days. Preliminary results on the number of chromosomes 13, 18, 21, and sex chromosomes can be available in 24–48 hours – this is called FISH analysis. Testing for other specific inherited disorders can also be done if requested.

#### **How should I prepare for CVS?**

Please drink enough liquid (preferably water) to fill your bladder prior to your appointment time. If you become too uncomfortable due to a full bladder, please check with the nurse before using the rest room.

#### **What should I expect after CVS?**

You may have some mild cramping similar to menstrual cramps. Cramping usually lasts for a few hours, and not usually longer than 24 hours. You may also expect some spotting or brown discharge for up to a week following the procedure. If you do experience spotting, use sanitary napkins (not tampons). Do not have sexual intercourse, soak in bath water, or go swimming until your spotting has stopped completely for 3 days.

#### **Are there any restrictions after CVS?**

Avoid strenuous activity for approximately 24 hours after the procedure. This should include such activities as heavy lifting (over 20 lbs), jogging, and aerobics.

#### **When should I seek medical attention after CVS?**

Call your obstetrical caregiver and notify us if you have:

- Bleeding as heavy as the first or second day of a menstrual period
- Leakage of clear fluid (like water) from the vagina
- Fever higher than 100.4°F or 38.0°C
- “Flu-like” symptoms such as chills, muscle aches, or extreme weakness that occur within the first week after the procedure
- If you feel you have an emergency on nights or weekends, please contact your obstetrical caregiver or proceed to the nearest hospital for evaluation