

# NIPS Patient Checklist

Having a conversation with your health care provider or genetic counselor about noninvasive prenatal screening (NIPS) can be overwhelming. The checklist below can be used to guide conversations to help you fully understand the screening process before you make a decision to proceed or not. Some items you may have completed already.

- I understand the purpose of the screening.**
  - Do you know why you are going to be screened?
  - Do you understand what the results will tell you?
  
- I have received a description of genetic condition(s) that will be screened.**
  - Do you know which chromosomal conditions will be included in your screening panel?
  - Do you know what it means if those conditions are present in the fetus?
  
- My provider has reviewed the potential benefits and risks of screening with me.**
  - Consider the screening technique and process.
  - Consider the potential outcomes and your resources to handle them.
  
- We have explored potential results and what they might mean.**
  - Do you understand the accuracy of NIPS for the conditions being screened?
  - What happens if results are positive, negative, or indeterminate?
  - Discuss the potential for unanticipated results (e.g., non-paternity, diagnosis unrelated to conditions being screened).
  
- My provider has explained how the blood sample and genetic information will be used.**
  - Will the sample be discarded after testing or retained by the lab for research?
  - Do you have details about your privacy policies, including access to the sample and genetic information?
  
- I have determined the cost of NIPS and if my insurance requires pre-authorization.**
  - You may need to call your insurance company for more information.
  
- My provider has confirmed how results will be shared.**
  - Should you expect a phone call, text, or a message through a patient portal?
  - When can you expect to receive your results?
  
- We have discussed what happens after I receive my results.**
  - Will you need to schedule a follow-up appointment?
  - Do you need to ask for additional resources or community support information?