



Ready for the next step?

Start your journey to parenthood in the know. Ask your doctor about carrier screening.

To schedule a complimentary genetic information session with a genetic counsellor, go to: my.natera.com/services/genetic_information.

Factors to consider when trying to conceive

- Talk about Birth Control**
Because hormonal birth control affects the reproductive cycle, knowing what to expect when you're trying to conceive can help you prepare. Talk to your doctor.
- Start Prenatal Multivitamins**
Supplements can prevent certain types of birth defects. Taking a prenatal multivitamin can be particularly important prior to trying to conceive.
- Check Medications and Stay on Top of Screenings**
It's always worth double-checking with your doctor to make sure any medications you are taking won't negatively impact your pregnancy. You'll also want to make sure you're on top of all your routine screenings (e.g. breast exam, pap smear).
- Make Positive Lifestyle Choices**
No misconceptions here. A healthy diet and lifestyle are paramount to your future baby's health. Eat well, exercise regularly, and make smart choices.
- Consider Carrier Screening**
For many parents, knowing their carrier status before their baby is conceived enables them to make informed reproductive decisions that can impact their child's future. Before you become pregnant, ask your doctor about carrier screening.

AUTHORIZED DISTRIBUTOR



Horizon™
Advanced carrier screening

Trying to conceive? Know what your baby could inherit.



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For more information please contact us at
info@genomicdiagnostics.com.au



1800 822 999



genomicdiagnostics.com.au

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Why carrier screening now?

Carrier screening is more than a routine genetic test.

Carrier screening is a type of genetic testing that determines your risk for passing on an inherited genetic condition to your child. All of us are carriers of at least one genetic condition. Carriers are typically healthy. Most have no family history of the genetic condition they carry, or an understanding of how that condition could impact their child.

What if I'm a carrier?

A positive result means that a disease-causing change in one of the tested genes was detected and that you are a carrier of this inherited genetic condition. To assess the risk of having a child affected with the specific genetic condition, your reproductive partner may need to be tested.

A positive result is not a diagnosis. It's simply information to choose the best course of action for your family.

If you and your partner are found to be at risk of passing a genetic condition onto your child, you have options:

- You could consider natural conception with prenatal diagnostic testing (after consultation with a genetics service) or testing after birth.
- You may be able to choose another reproductive option such as IVF (in vitro fertilization) with preimplantation genetic testing, use of a sperm or egg donor, or adoption. These reproductive options can reduce the likelihood of you having a child affected by the condition.



Introducing Horizon carrier screening

Horizon is a DNA screening test from Natera that can check for more than 600 genetic conditions.

The good news is that for many of these conditions, both parents need to be carriers for their child to be affected. Also, many are conditions for which treatments and early intervention are possible. For many parents, knowing their carrier status before their baby is conceived enables them to make informed reproductive decisions that can impact their child's future.

Visit www.genomicdiagnostics.com.au/patient/ECS to watch a short educational video about Horizon.

Simple to take, easy to understand

The test is easy to take. Free genetic information sessions are available before testing for all patients.

Results are presented clearly to your clinician, paving the way for critical action steps.

Free genetic information sessions are also available after testing for all patients.

For all high-risk results (positive carrier couples and females with an X-linked condition), more in-depth genetic counselling is provided.

How it works



Step 1. See your doctor to get a dedicated request form.



Step 2. Prepare for your collection.

Medicare and private health insurance do NOT cover the cost of testing. Prepay online via genomicdiagnostics.com.au. Write your receipt number on the request form. If you are having a couples test, ensure your partners details are included on the form.



Step 3. Undertake free pre-test genetic information session.

Visit genomicdiagnostics.com.au to book your consultation.



Step 4. Have your sample collected at your nearest Healius pathology collection centre.



Step 5. See your doctor for your results. Your doctor will receive your results within 3 - 4 weeks from receipt of sample at laboratory. Post-test genetic counselling is offered free of charge for all identified high-risk couples.

