

Dear Patient:

Thank you for scheduling an appointment(s) with the Reproductive Genetics Division of the Genetics & IVF Institute (GIVF). We look forward to meeting with you.

Depending on the reason for your appointment(s), you may be speaking with our Genetics team by phone call, video conferencing, and/or in-person. We recognize that navigating reproductive genetic testing can at times be complicated or feel overwhelming. It is our goal to guide you through this process and offer our recommendations and support.

Below you will find information pertaining to different types of appointments at our office. Please refer to the section below that applies to you.

First Trimester Screening (FTS): You will have a 15–30 minute phone consultation followed by an approximately 45 minute in-person appointment. At our office, you will need to have a full bladder for your sonogram. Please drink at least 16 oz of water 30 minutes prior to your appointment. Bloodwork is also drawn at this appointment and fasting is **not** required. Cell-free DNA screening (also called NIPT) will be discussed with you as well, and this additional screening can be coordinated at the same appointment if it is elected. Additional information about what first trimester screening entails is available in our [online brochure](#).

Chorionic Villus Sampling (CVS) or Amniocentesis: You will have an up to 60-minute phone consultation followed by a 30-60 minute in-person appointment. If you are having a CVS, you will need to have a full bladder for your sonogram; please drink at least 16 oz of water 30 minutes prior to your appointment. A full bladder is not necessary for an amniocentesis. *For either procedure, if you are on blood thinning medications, such as Coumadin, Lovenox, Fragmin, or Heparin, please inform our office at least 2 days in advance of your procedure for additional instructions prior to your procedure.* Additional information about CVS and amniocentesis is available in our [online brochure](#).

Genetic Consultation via Telehealth: You will have an up to 60-minute video consultation. You may be asked to have medical records sent to our office at least 48 hours before your appointment so that this consultation is as informative for you as possible. Forward records to schedulingoffice@givf.com. If it is determined that bloodwork is needed, this will be coordinated at our office in follow up.

Our office is located at 3015 Williams Drive, 3rd floor, in Fairfax, Virginia 22031. There is open parking in front of the building. When you arrive at our clinic on the third floor, please wear a mask and follow the posted instructions to enter the clinic. If you are unable to keep your appointment for any reason, please notify us at least 24 hours in advance. If you have any questions, please contact us at 703-698-7355 or toll free at 800-552-4363.

We look forward to working with you.

Sincerely,

The Clinical Staff of Genetics & IVF Institute