

Useful contact telephone numbers

Antenatal Screening Midwives	☎ 07917 517970
Day Assessment Unit (DAU)	☎ 01438 286166
Fetal Medicine Midwife	☎ 07500 126406
Maternity Triage, Lister Hospital	☎ 01438 286168

Useful websites for more information

- **NHS Website** - <https://www.nhs.uk/conditions/pre-eclampsia/>
- **Royal College of Obstetricians and Gynaecologists (RCOG)**
 - ◊ **Having a small baby** - www.rcog.org.uk/en/patients/patient-leaflets/having-a-small-baby/
 - ◊ **Pre-eclampsia: information for you** - www.rcog.org.uk/womens-health/clinical-guidance/pre-eclampsia-what-you-need-know

Further reading

There are other maternity information leaflets you may wish to read. These are available on our East & North Herts NHS Trust website: www.enherts-tr.nhs.uk/patient-information/

**You and your baby are important to us -
Thank you for choosing East and North Herts NHS Trust**

Patient Information

Low PAPP-A

Women's Services



Introduction

This leaflet has been given to you because the level of one hormone (PAPP-A) measured at your combined screening test has come back low.

This does not alter the result of the screening test that you were given.

We hope this leaflet will be helpful in understanding more about this hormone and what we would plan for you.

What is PAPP-A?

Pregnancy Associated Plasma Protein-A (PAPP-A) is one of the hormones checked during the combined screening test for Trisomy 21 (Down's syndrome), 18 (Edwards' syndrome) and 13 (Patau's syndrome). This hormone is produced by your placenta (afterbirth).

Low levels of the hormone PAPP-A has been associated with:

- small babies at birth because the placenta may not function well;
- increased risk of delivering your baby earlier than term;
- miscarriage or stillbirth in the second half of the pregnancy;
- increased risk of developing raised blood pressure and protein in your urine during the pregnancy, a condition called pre-eclampsia.

The majority of pregnancies with low PAPP-A will progress as normal and the babies will be of normal weight.

What happens next?

Your obstetrician or midwife may recommend that you start taking a low dose of aspirin (150mgs) daily from 12 weeks of pregnancy and continue until delivery.

At around 20 weeks, during your routine anomaly scan, we will also check the blood flow to the placenta from your uterus. Depending on the outcome of this blood flow study, the sonographer (person doing the ultrasound scan) may ask you to book appointments for further scans. These will be to check baby's growth and are done at weeks 28, 32 and 36, or at 32 and 36 weeks. This will be explained to you.

If there are any concerns about your baby's wellbeing or growth at your scan, you will be asked to see a doctor or a midwife on the same day. If the scan is normal, it can be reviewed at your next scheduled appointment with your midwife or consultant.

What can I do to help my baby?

As you are at an increased risk of developing pre-eclampsia it is important you attend all the appointments that are scheduled to check your blood pressure and urine.

If you smoke, it is advisable to quit, as smoking increases the risk of your placenta not functioning well. There is support available to help you with this, so please contact your midwife or GP to arrange this.

We recommend that you remain aware of the pattern of your baby's movements and to call the Day Assessment Unit (DAU) or Maternity Triage if you have any concerns.

What if I have any questions?

If you have any questions or concerns, please speak to a member of the maternity team.