

baby plan

Baby Plan is a unique preconception package that screens couples for genetic disorders and other infections that might be passed on to progeny. It pinpoints adverse conditions that can create problems during pregnancy and after. Results from the tests enable your doctor to take corrective steps to ensure a smooth passage from conception to the delivery of a healthy baby.

At just **Rs. 6520/-** for couples, **Baby Plan** includes customized tests for screening genetic disorders and infections. For those who prefer the privacy and comfort of their homes, we also offer Home Health Services.

Ensure a safe and healthy future for your baby. **Make your dream of a healthy baby come true by going for a Baby Plan check today!**

Metropolis is India's only multinational chain of diagnostic centres with a presence in UAE, Sri Lanka, Seychelles, South Africa & Thailand. In addition to 50 laboratories all across the world, it is also connected to the whole of India through a network of 350+ authorized collection centres.

Metropolis' group laboratories are certified by national & international bodies like ISO, NABL, CAP and also registered with CLIA, US Government. These certifications affirm Metropolis's commitment to maintain global quality standards, to perform specific type of tests and to provide accurate & reliable results.

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Below are a few frequently asked questions related to preconception health checks. These FAQs will help you understand the benefits of the **Baby Plan** package better.

Baby Plan is a specially constructed package that includes screening for several conditions at a special price of **Rs. 6520/-** for couples, **Rs. 2830/-** for males, **Rs. 3690/-** for females.

The **Baby Plan** package has been created in consultation with experienced Gynaecologists.

What is preconception health check-up?

It is a group of tests recommended to a couple when getting ready to conceive a child. This check would ensure a safe and healthy future for your baby.

Why is preconception health check-up important?

An individual might look healthy but he/she may have undetected health problems or be a silent carrier of infectious or hereditary diseases. Preconception screening can reveal such conditions so that necessary precautions or treatments can be initiated to have a healthy child.

What does preconception screening help to detect?

- It detects presence of chronic infectious diseases e.g. HIV and Hepatitis B, C, and TORCH infections
- It screens for common genetic disorders
- It screens for Thalassemia due to abnormal Hb
- It helps in ruling out thyroid dysfunctions
- It screens for sexually transmitted diseases such as syphilis

Is it mandatory to perform preconception health check-up?

No, it is not mandatory to perform preconception health check-up. However, it is essential to know your health status when you are planning to have a baby.

Is the **Baby Plan** package available through Home Health Service?

Yes. Just give us a call and our trained technicians will be at your doorstep to collect the necessary samples.

How much time will it take for the health check-up?

The duration of the checkup may be 30 minutes from the time of arrival at the centre or from the time of arrival of the technician at your residence.

Are the results confidential?

Yes, the results are kept confidential and only the person screened is entitled to the information.

Do we have to sign a consent form for HIV Screening?

Yes, this is as per the Government regulations. (NACO guidelines).

What kind of birth defects can TORCH infections lead to?

Birth defects due to TORCH infections include:

- Communication and education problems including reading, writing, and basic math, motor functions; personal care such as bathing, dressing, eating, and toileting; social skills such as decision making, problem solving, and self-direction; and mental retardation
- Microcephaly (small head and brain size)
- Jaundice (abnormal yellow colouring of skin and eyes)
- Anaemia (low red blood cell counts)
- Low birth weight or poor growth inside the womb
- Blindness or other vision problems
- Deafness
- Congenital heart disease
- Skin rash or scarring

Blood Grouping (ABO & Rh)

It is essential that you know your own blood group and that of your partners'. There could be many occasions when knowing your blood group could be of utmost importance (e.g. during blood transfusion or pregnancy).

Complete Blood Count (CBC)

This test provides a complete and detailed record through a careful examination of blood. This is important to determine your general health status and to screen for a variety of disorders such as anaemia, infection and leukaemia.

Abnormal Hb studies

These tests are useful to screen abnormal Hemoglobin disorders such as thalassaemia and sickle cell disease. These identify the type of hemoglobin in the red blood cell.

An abnormal hemoglobin does not necessarily indicate the presence of a disease. But if you have this trait it will be important to have your spouse tested so that both of you are aware of your offspring's hemoglobin type.

HIV

This is used as a screening test for HIV infection.

Anti HCV

This test is important to determine if you have been exposed to Hepatitis C Virus.

VDRL

This blood test detects antibodies present in the bloodstream, when a patient has syphilis.

HBsAg

This is the earliest indicator of acute hepatitis B infection. This test is of utmost importance because most carriers appear healthy and symptom-free, but some may develop chronic hepatitis, cirrhosis, liver disease or cancer, years after getting infected.

Karyotyping

A karyotype is an organized profile of a person's chromosomes. The results of genetic tests give couples information about their predisposition to certain diseases and the odds of their passing on those diseases to their foetus.

TSH (Female)

This test is carried out to determine whether the thyroid gland is working properly. If the thyroid gland is not functioning properly, it can affect conception, the baby's development in uterus and after birth.

TORCH 4 – IgM (Female)

This is a screening test for a group of infections - Toxoplasma gondii; Rubella (German measles); Cytomegalovirus; and Herpes simplex. This test detects IgM antibodies in the blood of a woman, if she is infected with any of the above mentioned viruses.

*The test, Abnormal Hb Studies will be conducted only if CBC report is abnormal.

*This package does not rule out all birth defects.