

Discussion Guide: Talking with your provider about genetic testing with Variantyx

Although you may know genetic testing is important, you may not know how to start a conversation with your healthcare provider. This short guide can help you prepare for discussions with your provider about genetic testing at Variantyx. The guide is separated into three sections: before, during, and after an appointment.

Before Your Appointment

Before an appointment, it can be helpful to know why genetic testing could be helpful. This may mean gathering some information about you, your pregnancy, or your family. It may also mean being able to state the goal(s) of testing. Be prepared to discuss your answers to the questions below with your provider:

1. If you are pregnant and your baby has symptoms of a condition, why do you think these symptoms may be genetic? Does it have to do with specific symptoms, a family history of a condition, or both?
2. If you are experiencing pregnancy loss, why do you think the loss may be genetic? Does it have to do with specific symptoms, a family history of a condition, or both?
3. Genetic testing can have many benefits. This can include information on the cause of symptoms, prognosis, or possible treatments. What are your goals in pursuing genetic testing and how do you hope to use this information? How do you think testing would change what you know about or expect from this and future pregnancies?
4. If you have a family history of a genetic condition, it can be helpful to find out more information from your family member(s). You may want to bring notes about blood-related family members with the genetic condition or who have experienced something similar in their pregnancy.

5. If there is a reason for choosing Variantyx, it can be helpful for your provider to understand the reason(s). Why do you prefer to have testing done through Variantyx?

To ensure your conversation about genetic testing goes smoothly, we recommend you also bring notes about your family history, if needed.

Notes:

During Your Appointment

During your appointment, you may need to address genetic testing. Be prepared to talk to your healthcare provider about your thoughts on genetic testing. Your discussion may include:

1. Your reasons for wanting a genetic test.
2. Your family history, if needed.
3. Why you think testing will be helpful.
4. Why you think testing with Variantyx is the best option.
5. One or more names for a referral to a high-risk pregnancy specialist who may be able to offer diagnostic genetic testing (if applicable).

Notes:

After Your Appointment

There may be follow up tasks to do or questions that occur to you after your appointment.

1. If testing was ordered, a Variantyx Clinical Coordinator will contact you regarding next steps.
2. If testing was ordered and you have questions for us, including about billing and insurance, please contact our Clinical Coordination team directly at 617-209-2090.
3. If you have a referral to another provider, set up an appointment with them to continue your discussions about genetic testing or other follow up needed.
4. If testing was not ordered and you did not get a referral, you can still learn more about genetic testing. One step is to talk to a genetic counselor. The National Society of Genetic Counselors has a Find A Genetic Counselor tool at www.nsgc.org.

Notes:
