The Harmony Test

What is the Harmony Test?

The Harmony Test is one of the family of non-invasive prenatal tests (NIPT).

What does the Harmony Test involve?

The test involves taking a blood sample from the pregnant woman.

When can the test be done?

The test can be performed as early as 10 weeks of pregnancy but it is more accurate if you wait until 11 weeks

How does the test work?

The test examines cell free DNA from the placenta and fetus. It looks for chromosomal abnormalities

Can anyone have the test?

The test is valid for pregnant women who are between the ages of 18 and 48yrs. It is important that you have a scan before the test to confirm gestation and number of fetuses.

Can the test be used if I am pregnant with twins or I have had IVF?

The test can be used in single, twin and egg donor pregnancies.

What does the test look for?

The test offers a number of options and can look for:

- Trisomy 21 (Downs syndrome)
- Trisomy 18 (Edwards syndrome)
- Trisomy 13 (Patau's syndrome)
- Sex and chromosome aneuploidy (missing or extra X or Y chromosomes)
- Monosomy X
- Fetal sex
- 22q 11.2 deletion (the underlying cause of DiGeorge syndrome and velocardiofacial syndrome (VCFS).

How accurate is the test?

In a single pregnancy, the test can detect:

- 99% of fetuses with trisomy 21
- 97% of fetuses with trisomy 18
- 94% of fetuses with trisomy 13
- 96% of the most common sex chromosome abnormalities
- 99% accuracy for fetal sex
- 75% of 22q 11.2 deletion- if you are high risk for this a diagnostic test is recommended

After the blood test, how long do the results take?

We would normally advise that results take 7-10 working days. Sometimes results are obtained quicker. It depends on a number of factors including the quality of the sample. For this reason we suggest that samples are not taken on Friday or Saturdays as the sample degenerates before the lab commence testing. As soon as the results arrive, a member of staff from our head office team will call you.

Will the results give me a definite answer that my baby is OK?

No.

Harmony is a **screening test** – this means it will give you a probability. So your results will suggest a 1/10,000 chance of a condition (which most women are happy with), or a 1/100 chance of a condition (which many women may not be happy with).

Also, Harmony does not screen for everything. Some conditions are not caused by problems with chromosomes, they are structural. These can often be detected by a scan.

What happens if my result gives a higher chance of a baby with a chromosomal problem?

Only you can decide the level of result you find acceptable. If you want one, you will be offered a **diagnostic test**. This could be CVS or amniocentesis. These tests are invasive and carry a small risk of miscarriage (typically around 1%). These tests give definitive yes/no answers. Your midwife will explore all options with you and help to make any arrangements for further tests if you want them.

What does the test cost?

The test is included **free of charge** with the following packages of care:

- Pearl package
- Enhanced antenatal care
- International all inclusive packages

The test can be added to any package of care that includes antenatal care at 11 weeks:

• Standard Harmony test	£300	(€370 in Ireland)
• Harmony PLUS 22q 11.2 deletion	£400	(€470 in Ireland)

The test can be performed as a stand alone appointment. The midwife will complete an antenatal check and take the blood test:

• Standard Harmony and antenatal check	£460	(€560 in Ireland)
• Harmony with 22q deletion and antenatal check	£560	(€660 in Ireland)

Further information

For further information, please visit the laboratory website below
https://www.tdlpathology.com/specialties/genetics/non-invasive-prenatal-testing-harmony-test/