

# Genetic Counseling: How it Can Help You and Your Partner

## What is Genetic Counseling?

Genetic counseling can help answer questions and provide guidance to you and your partner about genetics, genetic testing and the options you have for infertility treatments.

A genetic counselor is a nationally certified health care provider. He or she can:

- interpret family histories to help determine the chance a condition could affect you or your partner's fertility (ability to have a baby)
- educate about genetic conditions or birth defects that run in families
- help you and your partner make informed decisions about genetic testing and help interpret test results
- help you make informed decisions about gamete (egg and sperm) donation.

## What is Genetic Testing?

Not everyone will benefit from a genetic test. Meeting with a genetic counselor **does not** mean that you will have a genetic test. You may learn more about testing options and if they are right for you.

Before you have a genetic test, you may want to know:

- that the correct test is being done
- how valid the test results are
- what your next steps are when you receive the results (positive or negative)

A genetic counselor will help answer these questions and help you make decisions that are right for you, respecting your wishes, needs and values.

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## Is Genetic Counseling Right for You?

Genetic counseling may be right for you if you or your partner:

- have had multiple miscarriages
- have been diagnosed with decreased fertility due to low or absent sperm count, or premature ovarian failure
- have been diagnosed with an underlying genetic condition
- have a family history of birth defects, intellectual or developmental delay, late miscarriage or stillbirth
- have been told that you have a higher risk of having a child with a genetic condition
- are interested in genetic testing or embryo screening
- are interested in talking about fertility options (other than in vitro fertilization) such as the use of donor sperm, donor eggs or donor embryos
- are considering donating your eggs or sperm and want to know how carrier screening and family history will impact your ability to have a baby in the future.

If any of the above are true for you or your partner, or if you are concerned about your fertility, talk with your health care provider about genetic counseling.

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## Schedule an Appointment

To schedule an appointment with a genetic counselor at any of the locations listed below, please call 612-863-4502.

**Minnesota Perinatal Physicians —  
a service of Abbott Northwestern Hospital**

- 6525 France Ave. S, Suite 205, Edina
- 902 E 26<sup>th</sup> St., Suite 1700, Minneapolis

**Minnesota Perinatal Physicians —  
a service of United Hospital**

- Garden View Medical Building,  
347 Smith Ave. N, Suite 204, St. Paul
- 1625 Radio Dr., Suite 250, Woodbury

**Minnesota Perinatal Physicians —  
a service of Mercy Hospital**

- 3776 Coon Rapids Blvd., Coon Rapids

