

Low Pregnancy Associated Plasma Protein A (PAPP-A)

Maternity

You have been given this leaflet as you have a low PAPP-A on the combined screening test.

What is PAPP-A?

Pregnancy associated plasma protein A (PAPP-A) is a hormone that is produced by the placenta in pregnancy. It is one of two hormones that are measured during the 12 week combined screening test.

Low levels of PAPP-A can be associated with Down's syndrome (an extra chromosome 21), Edward's (extra chromosome 18) and Patau's syndrome (extra chromosome 13). If your baby has an increased risk for these chromosome differences, one of the antenatal screening midwives will have already contacted you before sending you this letter.

Studies have also shown that low PAPP-A may also be associated with small babies (small for gestational age/SGA). An unborn baby is small if, at that stage of pregnancy, his or her size or estimated weight on scan is in the lowest 10% of babies. This means the smallest ten out of every 100 babies.

What does this mean for you and your pregnancy?

Whilst not all women with a low PAPP-A level will have an SGA baby the fact that we are aware of this level means we can monitor the growth of your baby more closely during pregnancy.

You will have your routine anomaly scan between 18-20 weeks. In addition to this you will be offered further ultrasound scans to measure the growth of your baby at 28, 32 and 36 weeks.

You will also be advised to take daily 150mg of low dose Aspirin. You will have received a letter which you need to take to your GP who will arrange this for you.

Aspirin

Aspirin can help the way the placenta works and is effective by preventing placental dysfunction. Placental dysfunction is the main cause of fetal growth restriction and of pre-eclampsia. Not all women can take Aspirin if they have a known allergy or hypersensitivity to other medications such as nonsteroidal anti-inflammatory drugs (NSAID) or are under the age of 16.

Caution should be taken in all of the following:-

- History of gastrointestinal bleeding
- Active peptic ulcer disease

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

- Other sources of gastrointestinal or genitourinary bleeding
- Severe hepatic dysfunction
- Bleeding disorders e.g. haemophilia

Low dose Aspirin is not associated with any increase adverse events in the baby and does not seem to increase the risks of bleeding or bruising.

Is there anything I can do to help my baby to grow well?

If you smoke, it is extremely important that you stop. Smoking can affect the placenta and the baby's growth. Your midwife can refer you for help to stop smoking or you can refer yourself. Protecting your baby from tobacco smoke is one of the best things you can do to give your child a healthy start in life.

It can be difficult to stop smoking, but it's never too late to quit. Self-referral options are:

- See your GP who can refer you to a stop smoking service
- Contact a member of the 'Maternity Stopping Smoking Support team'

Amanda Hordell – 07811524275

Sharni Muir – 07787285463

Who can I speak to if I need further information?

You are welcome to phone one of the antenatal screening or fetal medicine midwives if you have any queries or concerns. Receiving the news that you have low PAPP-A levels may cause anxiety but please be assured that the majority of babies will have normal growth and the pregnancy will progress normally.

Contact details

Antenatal Screening Midwives

01902 307999 Ext 86552 Mon – Fri 08.00 – 17.00

Mobile: 07967 439945

Fetal Medicine Midwives

01902 307999 Ext 85143 Mon – Fri 09.00 – 17.00

Saving babies' Lives – Version Two

A care bundle for reducing perinatal mortality. NHS England 2019

<https://www.england.nhs.uk/publication/saving-babies-lives-version-two-a-care-bundle-for-reducing-perinatal-mortality/>



The Investigation and Management of the Small-for-Gestational-age Fetus.

Green-top Guideline No 31:

https://www.rcog.org.uk/globalassets/documents/guidelines/gtg_31.pdf



English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。