

This can be difficult news to hear, and everyone handles situations like this in different ways. It is often helpful to talk with your doctor or genetic counselor to make sure any questions that you have are answered, particularly if the results are complex or confusing. Even if you are familiar with the condition, it can be helpful to talk things through with your provider, or to get any up-to-date information, as things in the medical field change rapidly.

What comes next is a very personal and often challenging decision to make. There are generally three ways to move forward once you find out that a pregnancy has a chromosomal or genetic condition:

1. [Continue the pregnancy and make preparations](#) (both mentally and medically) for when the baby gets here.
2. Continue the pregnancy and place the baby up for [adoption](#). There are many programs available that can help find a family for a baby with special needs.
3. [Do not continue the pregnancy](#).

It is important to remember that there is no 'right' or 'wrong' thing to do in this situation; only what is the right choice for you and your family. Your doctor or genetic counselor can help to answer any questions you may have about your options, and may have other resources that may be helpful.

Click [here](#) to learn more about scheduling a genetic counseling appointment for pregnancy-related questions.

## Related Articles

- [CVS: How Does the Procedure Work?](#)

A CVS procedure can be done in the doctor's office by a high-risk pregnancy doctor called a perinatologist. CVS is an outpatient procedure, meaning you can usually go home soon afterward. Most women find that it can be uncomfortable and many compare it to having intense menstrual cramps, but generally...

- [CVS: What are the Possible Results that I Can Get?](#)

The type of results may vary depending on the type of testing that is done on the CVS sample. The four main types of testing that can be done on CVS samples are: traditional chromosome analysis (also called a karyotype), chromosomal microarray, familial gene testing, and fluorescent in-situ hybridization (FISH)....

- [CVS: How to Decide?](#)

The decision of whether or not to have a diagnostic test, such as a CVS, can be a difficult decision to make. Your genetic counselor can help answer any questions, and help you come to the decision that is best for your personality, beliefs, and values. Some things that may...

- [Confined Placental Mosaicism \(CPM\)](#)

Because the placenta and the baby come from the same cells, they have exactly the same amount of chromosomes most (98-99%) of the time. In approximately 1-2% of all pregnancies, the placenta can actually have a different chromosome makeup from the baby. This is called confined placental mosaicism (CPM). When...