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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Low Pregnancy Associated Plasma Protein A (PAPP-A)

Maternity

Patient Information

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Midwife or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Low Pregnancy Associated Plasma Protein A (PAPP-A): Information for Parents

This information leaflet has been given to you because you have been found to have low levels of PAPP-A (≤ 0.4MoM) on your first trimester antenatal screening blood test.

What is PAPP-A?

Pregnancy Associated Plasma Protein A (PAPP-A) is produced by the placenta (afterbirth). It is one of the hormones measured during the combined screening test.

Low Levels of PAPP-A may be associated with:

1. A lower birthweight baby as your placenta may not work as well.
2. Increased chance of an early birth.
3. Increased chance of developing pre-eclampsia.

What does this mean for your pregnancy?

It is important to remember that most babies born to mothers with low PAPP-A will be normal weight at birth and that the pregnancy will progress without a problem.

With the aim of helping to prevent any of these problems, we recommend that all women with a low PAPP-A commence taking

150mg of Aspirin once daily at night time. A separate leaflet on Aspirin during pregnancy is available on your maternity notes application.

At every appointment with your community midwife or a doctor, you will be offered to have your blood pressure measured and your urine will be checked for protein. You will also be offered extra ultrasound scans in order to monitor your baby's wellbeing. The frequency of the scans will depend on whether you have any additional risk factors for your baby to be small, such as previous low birthweight, history of pre-eclampsia or preterm birth. The next scan will be organised for you at your anomaly scan at around 20 weeks.

What if my baby does measure small?

Because most babies will grow normally, you will not routinely see a doctor for a low PAPP-A alone. If any additional concerns develop during your pregnancy (such as a small baby or an increased blood pressure), a review by a doctor will be arranged for you and individualised care plan will be made with you.

What can I do to help?

It is known that smoking can affect the function of placenta and reduces your baby's growth. It is therefore important that you stop smoking. Your midwife can refer you to the smoking cessation programme or you can refer yourself by calling the helpline for support on 0800 169 0169 or 0845 602 3608.

Whom can I speak to if I need further information?

You are welcome to phone the Antenatal Screening Midwives on 01932 726152 or 01932 726448 or you can speak to your community midwife 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.