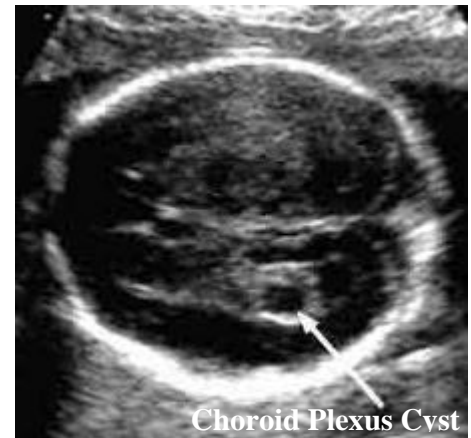


North Carolina Women's Hospital
Choroid Plexus Cysts (CPC)

What is a CPC?

A choroid plexus cyst (CPC) is a small collection of fluid in the area of the brain called the choroid plexus. The choroid plexus is a normal structure in the brain. It is involved in making the fluid that surrounds the brain and spinal cord. The choroid plexus is not involved in thinking or development.

A CPC occurs when a small amount of fluid gets trapped inside the developing choroid plexus. This does not cause any problems for the developing brain. Cysts can be found on one side or on both sides of the brain. The number, size, and shape of the cysts can vary. A CPC be seen on ultrasound during pregnancy.



Ultrasound image of the fetal head

How common are CPCs?

CPCs are seen in approximately 1% (1 in 100) of all second trimester ultrasounds. Most CPCs will disappear before delivery. Since they do not cause any problems for the baby, it is not a concern if they do not go away. CPCs can also be found in healthy adults and children.

Can a CPC cause problems for the baby?

CPCs are considered to be normal variations in development and are not harmful to the baby. They do not cause damage to the brain and they do not affect development. A CPC is not a tumor or type of cancer.

If mothers have other risk factors, a CPC may suggest that the baby has a higher chance of having a chromosome condition, such as trisomy 18. The other risk factors may include additional ultrasound findings, abnormal maternal serum screening results, or being over the age of 35 at delivery. In these cases, more testing will be offered to you.

What additional tests are needed?

If your ultrasound shows no other signs of trisomy 18 and you have no additional risk factors, then is unlikely that your baby has trisomy 18 and no other testing is recommended. All women who are pregnant can consider the option of maternal serum screening. Screening tests help determine if there is a higher or lower chance for certain conditions. If you have any questions about routine screening options, please speak with your healthcare provider.

If there are additional risk factors, you will be offered further testing and will have the option to meet with a genetic counselor. Amniocentesis is a test that can accurately diagnose chromosome conditions. There is about a 1 in 300 to 1 in 500 (0.2-0.3%) chance of complication following amniocentesis, including leakage of amniotic fluid, bleeding, significant cramping, infection, or miscarriage. An amniocentesis can accurately diagnosis certain problems in the baby, such as trisomy 18. Your genetic counselor will also discuss the option of non-invasive prenatal testing (NIPT) with you. This is a new screening test that is currently being offered to women who have an increased risk for having a pregnancy with trisomy 18 as well as other chromosome conditions.

What does a CPC mean for my pregnancy? (Provider, please check appropriate box)

No additional risk factors are present

- You have no additional risk factors for trisomy 18. This finding does not increase the chance of trisomy 18 above the risk for complications associated with an amniocentesis.
- No other concerns were identified on the detailed ultrasound done today.
- You have the option of further screening, such as maternal serum screening, if this has not already been done.

Additional risk factors are present

- In addition to the CPC, another risk factor is present that may increase the chance of a chromosome condition, such as trisomy 18, in your pregnancy.
 - Another finding was seen on ultrasound that may be associated with trisomy 18
 - You had a blood test previously, which indicated an increased risk for trisomy 18.
 - You will be at least 35 years on your due date. The chances of having a baby with a chromosome condition increases as mothers get older.
- Because of the additional risk factors, the finding of a CPC may further increase the chance of a chromosome condition in this pregnancy.
- You will have an opportunity to meet with a genetic counselor to review these risks.
- The genetic counselor will review your screening and testing options, which may include additional non-invasive prenatal testing (NIPT) and amniocentesis.

What if I need more information?

If you have any questions about your ultrasound today, please do not hesitate to ask. If you would like more information or have additional questions about amniocentesis or other testing options, we would be happy to schedule you an appointment with a prenatal genetic counselor at UNC. Appointments can be scheduled by calling (919) 843-6095. The prenatal genetic counseling office can be reached at (919) 966-2229.