

# From this week Volvat can offer NIPT tests to pregnant women

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**The Norwegian Directorate of Health has approved Volvat Medical Centre at Majorstuen as a provider of NIPT. This means that all pregnant women can now have NIPT performed in Norway. At Volvat, the women receive guidance, support and follow-up of medical expertise, both before, during and after the test.**

NIPT is a simple blood test from the mother that makes it possible to analyse the fetus' DNA to uncover any chromosomal abnormalities. The test has been allowed to be carried out in other Nordic countries for many years. Many Norwegian women have therefore chosen to travel to other countries to take the test there. It is therefore gratifying that the test can finally be done in Norway.

- It is important that the women who want this test do not have to travel abroad. This gives us a completely different opportunity for close guidance, support and follow-up in questions that can be demanding," says Jens-Christian Dolva, Medical Director of Volvat Medical Centre.

The test is completely risk-free, both for the mother and the fetus. For many, the test will provide good reassurance throughout pregnancy, while others may be faced with difficult assessments. The offer at Volvat provides a close and close follow-up of each woman and their loved ones, regardless of the test result.

-It is important for us to look after the women and the rest of the family in a good way when they choose to carry out a NIPT. Our team is therefore composed of healthcare professionals trained for just this, so that we can follow up the pregnant woman and their partners in the best possible way," says Dolva.

Volvat's NIPT offerings include ultrasound and testing, as well as follow-up with a gynaecologist and geneticist and conversational therapist if needed. The tests are carried out in collaboration with Unilabs as an approved laboratory for analysis of NIPT.

## **Follows up the Parliament's decision**

Until now, Norwegian women at increased risk have been referred for an amniotic fluid test to uncover chromosomal abnormalities. In May 2020, the Parliament decided to amend the Biotechnology Act to allow NIPT tests to be carried out in Norway for all pregnant women.

Women over the age of 35, and anyone at known risk, are offered a NIPT test at public hospitals. Women under the age of 35, without any known risk, can choose to take a NIPT test with approved private actors in exchange for self-payment.

## **What is NIPT**

NIPT stands for "non-invasive prenatal test". It is a simple blood test from the arm of the pregnant woman. It is safe, does not give any risk of fetal injury or miscarriage and provides safe test results. It is therefore the first choice when investigating the possibility of chromosomal abnormalities in a fetus. NIPT can be carried out from week 10 of pregnancy. This is earlier than for other fetal diagnostic examinations.

### **What is a chromosome abnormality?**

NIPT shows the occurrence of chromosomal abnormalities trisomy 21, 18 and 13, which are the most common trisomies compatible with life. Trisomy means that the pairs of chromosomes have 3 chromosomes instead of 2. Down syndrome occurs by an additional chromosome 21. Less common are Edwards syndrome which comes from an additional chromosome 18, and Patau's syndrome which is an additional chromosome 13. Edwards and Patau syndrome are severe syndromes, and normally give shorter than one year of life.

## **Contact**

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### **About Volvat Medical Centre AS**

Volvat Medical Centre AS was established in 1985 and is Norway's first privately owned hospital. Today, the Volvat Group is one of the country's leading private health companies for patients across the country.

Volvat has 20 centres located in Oslo, Fredrikstad, Moss, Hamar, Lillehammer, Bergen, Trondheim and Tromsø. The centres have a wide range of medical services ranging from health-promoting and preventive work to treatment and rehabilitation. Volvat has hospital approval in Oslo, Fredrikstad, Bergen, Trondheim and Tromsø.

Volvat is owned by Ramsay Health, which also operates large hospitals and medical centres in Sweden, Denmark, France, the United Kingdom, Italy, Malaysia, Singapore, Indonesia and Australia.

Volvat's quality strategy is based on the group's vision "Always to help", which forms the foundation of the company, rooted in modern medicine and modern management. Volvat is uncompromising when it comes to patient safety, quality of delivery and continuous improvement of all services. Therefore, all clinical departments are ISO-certified according to the quality standard 9001: 2015 and the environmental standard 14001: 2015.

Per Helge Fagermoen is Volvat's Chief Executive Officer.