Cystic fibrosis (CF) Screening Patient Information

Cystic fibrosis (CF) is a genetic disorder that causes breathing and digestive problems. Intelligence is not affected by CF. Individuals with CF have a current life expectancy of approximately 37 years, and the cause of death usually is lung damage. Approximately 15% of individuals with CF have a mild form of the disease and live an average of 56 years. Common symptoms of CF include coughing, wheezing, loose stools, abdominal pain, failure to thrive, and, in men, infertility. Treatment involves medication to aid digestion, proper nutrition, and lung therapy.

Cystic fibrosis is an inherited condition that is caused by mutations in the CFTR gene. When a patient and her partner are both carriers of a mutation in the CFTR gene, they have a 1 in 4 chance of having a child with CF. To date, more than 1,700 mutations have been identified in the gene for CF. Screening for the 23 most common mutations is available and can greatly reduce a couple's risk of having a child with CF. The risk of being a carrier depends on an individual's race and ethnicity and family history. Cystic fibrosis is most common in non-Hispanic white individuals and people of Ashkenazi Jewish ancestry. A genetics specialist can help couples with a risk of having a child with CF by explaining and providing information about their reproductive options.

Cost for testing is approximately $1200 and is not always covered by insurance carriers. We recommend that you contact your insurance company to verify if this test is covered and how your benefits apply for lab screening. You will need to give them the following CPT code 81220 and advise them that you are pregnant and this is a recommended screening test. If you have previously been tested in a prior pregnancy, please contact your previous Obstetrician to request documentation of this test as you would not need to repeat it.

Please let us know if you have any questions!