Carrier Testing for Cystic Fibrosis

What is Cystic Fibrosis?
Cystic Fibrosis (CF) is an inherited disease that affects breathing and digestion in infants, children and young adults. Currently there is no cure of CF although modern treatments enable patients to lead relatively normal lives for a time. Most couples that have a child with CF have NO family history of this condition. Babies inherit one copy of each gene from each parent. A baby will have CF only if they inherit a gene change for Cystic Fibrosis from **both** parents. This is only possible if **both** parents are carriers of a gene change for CF. About 1 million Australians 'carry' a gene change for CF and carriers are completely healthy.

If you are…	*Then your risk of being a carrier is:*
• Caucasian	1 in 25 (4%)
• Asian	1 in 90 (1.1%)

How do you find out if you are Carrier of this gene?
Prior to starting your family, you can both have a blood test that screens for Cystic Fibrosis carrier gene. We cannot test for every gene change for CF, but we can test for the 12 most common gene changes that result in severe CF and identify about 80% of carriers.

How do we arrange to get tested?
Speak to your Doctor or Midwife about arranging this blood test. As yet there is **no Medicare rebate** for this test, so you could possibly be out of pocket approximately $260. This test is optional, as universal screening for CF Carrier genes remains contentious.

What happens if we are Carriers of this gene?
After counselling by your Doctor about the chances of you having a child with CF in each pregnancy, they would also give you information of having IVF with an option of Preimplantation Genetic Diagnosis (PGD).