



## **Instructions for at home collection of miscarriage tissue**

If you're experiencing a miscarriage at home and you are in a situation where you can collect the products that were miscarried, your doctor may want to perform additional tests, including chromosome testing, on this sample.

When you have a miscarriage, the fetus, amniotic sac, and placenta, along with a large amount of blood, will be expelled. If you are less than 8 weeks pregnant when the miscarriage occurs, the expelled tissue will look no different from heavy menstrual bleeding. If you have reached 8 to 10 weeks, more tissue will be expelled which can resemble large blood clots, possibly some pinkish/grayish material, or even a discernible sac.

The sample should be collected in a sterile, or as clean as possible, container. This container can be a new Ziploc bag, plastic container (such as Tupperware) or an Anora collection cup if you have a kit available. It may be helpful to use a medical basin or a colander under the toilet seat to catch the products. If the tissue falls into the toilet you can remove it and place it into the container.

If you know you are going to have a miscarriage, Natera can supply you with a Anora kit that contains a collection cup for the sample. You may have already received this kit from your doctor's office.

If you are unable to bring the miscarriage sample into your doctor's office immediately, store the sample in the refrigerator to preserve the tissue. Please DO NOT freeze the sample.

It is important to remember, there is nothing you can do to prevent a miscarriage, and you did not cause this miscarriage to happen. Chromosome testing after a miscarriage may provide you with more information about the cause of your loss. Please discuss this option with your physician.

For more information or to receive an Anora collection kit contact Natera at 650-249-9090. If you wish to speak with a Natera genetic counselor about Anora, you can schedule a free phone genetic information session by calling 650-249-9090 or online at [www.naterasession.com](http://www.naterasession.com). You can also visit our website <http://www.natera.com/anora-miscarriage-test> to view an informative video or read the Common Questions.

