

## PATIENT HANDOUT- CHOROID PLEXUS CYST

The choroid plexus is a structure inside the brain. It makes fluid that circulates through brain and spinal cord. This fluid helps to protect and provide nutrients to the brain. Occasionally, a fluid-filled area, or cyst, forms inside the choroid plexus, which we call a choroid plexus cyst (CPC). There are a few things we keep in mind when we see a choroid plexus cyst:

- 1 CPCs are not birth defects. The cysts do not interfere with brain development or brain function.
- 2 They are most commonly considered a normal variant of fetal development; remember, every pregnancy develops a little differently- some babies have large ears where other babies have CPCs. CPCs are seen in approximately 1-3% of all pregnancies during the 2<sup>nd</sup> trimester.
- 3 CPCs will always resolve, or go away, during the pregnancy, usually between 22-24 weeks. Because they always go away, there is no reason to follow CPCs with additional ultrasounds.
- 4 Rarely, pregnancies identified with CPCs may have chromosome abnormalities. A majority of pregnancies identified with isolated CPCs do not have chromosome abnormalities. The strongest association with CPCs is a chromosome disorder called Trisomy 18, or an extra number 18 chromosome. Birth defects common in Trisomy 18 can almost always be seen by ultrasound during the second trimester, which is why we have done a thorough ultrasound to check for these birth defects. CPC without any other ultrasound findings is very unlikely to be associated with Trisomy 18. Isolated CPCs will actually decrease the risk of another chromosome abnormality- Down syndrome.
- 5 As with any other ultrasound finding, we will correlate your personal risks, screening test results and any other ultrasound concerns to come up with the best risk of chromosome abnormalities in your pregnancy. Additional testing will be offered to you if desired.

Our physicians are always available to further address any concerns regarding ultrasound.