

Atlanta Women's Obstetrics & Gynecology, PC

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Zika Testing for Nonpregnant Women

- Persons with possible Zika virus exposure who have symptoms of Zika virus disease should receive testing in accordance with the CDC interim guidance: "Algorithm for U.S. Testing of Symptomatic Individuals" (38).
- CDC does not recommend Zika virus testing of nonpregnant persons with possible Zika virus exposure who DO NOT have symptoms of Zika virus disease, including persons who are planning to attempt conception, or to assess the risk for sexual transmission of Zika virus.

Zika virus testing for this purpose remains of uncertain value, because current understanding of the duration and pattern of shedding of Zika virus in reproductive tissues is limited. Information on the performance or serologic Zika virus testing remains limited, with falsely positive tests resulting in avoidable stress and expense and falsely negative tests providing false reassurance and possibly leading to inadvertent fetal exposure to Zika virus.

REGARDLESS OF TESTING, CDC does recommend waiting to try and conceive until at least 6 months after symptom onset or last possible Zika virus exposure either through travel or sexual exposure. They recommend the use of condoms or abstaining from sex during this period of time to minimize the risk for sexual transmission of the Zika virus.

You may find further information from the Center for Disease Control and Prevention at the following website: <https://www.cdc.gov/zika/pregnancy/index.html>

I have read the above information pertaining to the recommendations for waiting to conceive following possible Zika exposure. I understand that my physician still recommends waiting 6 months before attempting to conceive even if the Zika test result is negative.

Patient Name

Date of Birth

Patient Signature

Today's Date

****It is recommended to check with your insurance PRIOR to testing to determine coverage****

Atlanta Women's Obstetrics & Gynecology, PC is not responsible for billing. Please refer to your in-network lab or insurance.