



Genetic Counseling Clinic

What to expect during your visit

Answers to common questions about a visit to the Genetic Counseling Clinic

Welcome to the Genetic Counseling Clinic. We want your clinic visit to go as smoothly as possible, and we want to help prepare you for what to expect. Here are answers to some questions that you might have about our clinic.

Why are we going to the Genetic Counseling Clinic?

Your child has been referred to the Genetic Counseling Clinic because:

- Genetic testing was recommended for your child.
- Your child recently had genetic testing.
- Your child has a family member with a genetic condition that may affect your child.

What support can the Genetic Counseling Clinic provide?

A genetic counseling session can help you understand:

- Ways your family health history and ethnic background may affect your child's health risks
- Causes of genetic conditions
- How genetic conditions are passed down and how other family members may be affected
- Genetic test results
- Genetic tests that are available
- Family planning options
- The emotions you are feeling and how to process them
- Resources available to you

Who should attend?

Both parents/guardians should attend, if possible. This appointment is a discussion and does not include a physical exam. Your child does not need to attend. However, if you think your child/teen may benefit from it, we encourage them to attend.

Who will we see?

A genetic counselor will see your family. They are genetic specialists trained in counseling who will review family health history, inheritance and results of genetic testing.

To Learn More

- Genetic Counseling Clinic
206-987-2056
- www.seattlechildrens.org/patients-families
- Ask your child's healthcare provider

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

What happens during a clinic visit?

Your genetic counselor will talk about the genetic condition in your family. Here are some things we usually do:

- Interpret your child's genetic test results
- Review your child's genetic diagnosis, including how to manage the condition and how it may affect your child and family
- Talk about genetic testing for your child or other family members
- Provide resources to address your concerns and questions

How long is a visit?

A genetic counseling session lasts about 90 minutes.

How should I prepare for the visit?

- Think about questions you have about your child's genetic test results and/or the genetic condition in your family.
- Be prepared to talk about the health history of your family.

To learn more about how to prepare for a clinic visit, hospital amenities and family support services, visit www.seattlechildrens.org/patients-families.

If the genetic counselor recommends genetic testing, will insurance cover it?

At the counseling visit, we will talk about tests that are available and provide you with information to help you decide if you would like to have them done.

Insurance coverage for genetic testing is different for each insurance plan. We will talk about insurance authorization at your visit.