Isolated absent fetal nasal bone in first trimester and follow up

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**OBJECTIVE**: To follow up and assess the outcome in fetuses with isolated absent nasal bone in first trimester.

**METHOD**: This is a prospective study done in a fetal medicine centre in a tertiary care set up in South India. It was done during the period of January 2018 to November 2018.

- All the patients enrolled for NT scan with a finding of isolated absent nasal bone were included in the study. They were offered first trimester combined screening or NIPS.
- Patients were reviewed at 16 weeks for reassessment of nasal bone status. All those with high risk on combined first trimester screening were offered invasive testing - amniocentesis for Karyotype.
- For others depending on the nasal bone status at 16 week scan and other markers, second trimester risk was calculated using Astraia software.

Low risk pregnancies were followed up. Anomaly and growth scan reports were reviewed. Newborn records were reviewed for general physical examination complications and any investigations.

**CONCLUSION**

Absent nasal bone in first trimester can be followed up with reassessment of nasal bone status at 16 weeks.

If the first trimester combined screening reveals an intermediate or low risk, risk reassessment can be done at 16 weeks by including nasal bone status and other markers.

- Normal newborn examination gives reassurance in the setting of otherwise normal second trimester sonographic findings.
- This can decrease the number of invasive procedures and cost involved in a setting like South India.