FEP 2.04.122 Chromosomal Microarray Testing for the Evaluation of Pregnancy Loss

Effective Date: January 15, 2019

Related Policies:
2.04.59 Genetic Testing Developmental Delay/Intellectual Disability, Autism Spectrum Disorder, and/or Congenital Anomalies

Chromosomal Microarray Testing for the Evaluation of Pregnancy Loss

Description
Chromosomal microarray (CMA) testing of fetal tissue or placental tissue derived from the fetal genotype has been proposed as a technique to evaluate the cause of isolated and recurrent early pregnancy loss (miscarriages) and later pregnancy loss (intrauterine fetal demise [IUFD]). The evaluation of both recurrent and isolated miscarriages and IUFD may involve genetic testing of the products of conception. Such testing has typically been carried out through cell culture and karyotyping of cells in metaphase. However, the analysis of fetal or placental tissue has been inhibited by the following limitations: the need for fresh tissue, the potential for cell culture failure, and the potential for maternal cell contamination.

OBJECTIVE
The objective of this evidence review is to determine whether chromosomal microarray testing for fetal tissue improves the net health outcome in individuals who have experienced pregnancy loss and would be candidates for genetic analysis of their embryo or fetus.

POLICY STATEMENT
Chromosomal microarray testing of fetal tissue may be considered medically necessary for the evaluation of pregnancy loss in patients with indications for genetic analysis of the embryo or fetus (see Policy Guidelines).

POLICY GUIDELINES
Clinical guidelines and recommendations to address the management of cases of miscarriage or intrauterine fetal demise where genetic analysis of the embryo, fetus, or stillborn infant is indicated. These guidelines, which specifically address the use of karyotyping and/or microarray testing in miscarriage or intrauterine fetal demise, were developed by several reproductive health associations, including the American Society for Reproductive Medicine (ASRM [2013]; ASRM [2012]), the National Society of Genetic Counselors (Laurino et al [2005]), and the American College of Obstetrics and Gynecology (ACOG [2009]). According to such guidelines, genetic testing may be indicated (if desired by parents):
In cases of pregnancy loss at 20 weeks of gestation or earlier when there is a maternal history of recurrent miscarriage (defined as a history of ≥2 failed pregnancies); OR
In all cases of pregnancy loss after 20 weeks of gestation.

The decision to obtain genetic testing should be made jointly by the mother or parents and the treating clinician.

This policy does not address the use of chromosomal microarray testing for preimplantation genetic diagnosis or preimplantation genetic screening, or the evaluation of suspected chromosomal abnormalities in the postnatal period.

**Genetics Nomenclature Update**

The Human Genome Variation Society nomenclature is used to report information on variants found in DNA and serves as an international standard in DNA diagnostics. It is being implemented for genetic testing medical evidence review updates starting in 2017 (see Table PG1). The Society’s nomenclature is recommended by the Human Variome Project, the HUman Genome Organization, and by the Human Genome Variation Society itself.

The American College of Medical Genetics and Genomics and the Association for Molecular Pathology standards and guidelines for interpretation of sequence variants represent expert opinion from both organizations, in addition to the College of American Pathologists. These recommendations primarily apply to genetic tests used in clinical laboratories, including genotyping, single genes, panels, exomes, and genomes. Table PG2 shows the recommended standard terminology—“pathogenic,” “likely pathogenic,” “uncertain significance,” “likely benign,” and “benign”—to describe variants identified that cause Mendelian disorders.

**Table PG1. Nomenclature to Report on Variants Found in DNA**

<table>
<thead>
<tr>
<th>Previous</th>
<th>Updated</th>
<th>Definition</th>
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<tbody>
<tr>
<td>Mutation</td>
<td>Disease-associated variant</td>
<td>Disease-associated change in the DNA sequence</td>
</tr>
<tr>
<td>Variant</td>
<td>Change in the DNA sequence</td>
<td></td>
</tr>
<tr>
<td>Familial variant</td>
<td>Disease-associated variant identified in a proband for use in subsequent targeted genetic testing in first-degree relatives</td>
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**Table PG2. ACMG-AMP Standards and Guidelines for Variant Classification**

<table>
<thead>
<tr>
<th>Variant Classification</th>
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<tbody>
<tr>
<td>Pathogenic</td>
<td>Disease-causing change in the DNA sequence</td>
</tr>
<tr>
<td>Likely pathogenic</td>
<td>Likely disease-causing change in the DNA sequence</td>
</tr>
<tr>
<td>Variant of uncertain significance</td>
<td>Change in DNA sequence with uncertain effects on disease</td>
</tr>
<tr>
<td>Likely benign</td>
<td>Likely benign change in the DNA sequence</td>
</tr>
<tr>
<td>Benign</td>
<td>Benign change in the DNA sequence</td>
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</table>

ACMG: American College of Medical Genetics and Genomics; AMP: Association for Molecular Pathology.

**Genetic Counseling**

Experts recommend formal genetic counseling for patients who are at risk for inherited disorders and who wish to undergo genetic testing. Interpreting the results of genetic tests and understanding risk factors can be difficult for some patients; genetic counseling helps individuals understand the impact of genetic testing, including the possible effects the test results could have on the individual or their family members. It should be noted that genetic counseling may alter the utilization of genetic testing substantially and may reduce inappropriate testing; further, genetic counseling should be performed by an individual with experience and expertise in genetic medicine and genetic testing methods.
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Definitions
Fetal tissue may consist of fetal tissue, a formed fetus, or placental tissue derived from the fetal genotype, depending on the stage of pregnancy at the time of the fetal loss.

Early pregnancy loss or miscarriage is considered to be a pregnancy loss that occurs at or before 20 weeks of gestational age.

Intrauterine fetal demise is defined as delivery of a non-live-born fetus after 20 weeks of gestational age.

BENEFIT APPLICATION
Experimental or investigational procedures, treatments, drugs, or devices are not covered (See General Exclusion Section of brochure).

FDA REGULATORY STATUS
Clinical laboratories may develop and validate tests in-house and market them as a laboratory service; laboratory-developed tests must meet the general regulatory standards of the Clinical Laboratory Improvement Act. Laboratories that offer laboratory-developed tests must be licensed by the Clinical Laboratory Improvement Act for high-complexity testing. To date, the U.S. Food and Drug Administration has chosen not to require any regulatory review of this test.

Multiple laboratories offer CMA tests for prenatal samples that are not specifically designed for testing the products of conception.

RATIONALE
Summary of Evidence
For individuals who have pregnancy loss with indications for genetic analysis of the embryo or fetus who receive CMA testing of fetal tissue, the evidence includes prospective and retrospective cohort studies that report on the yield of CMA testing. Relevant outcomes are test accuracy and validity, other test performance measures, changes in reproductive decision making, morbid events, and quality of life. The available evidence has suggested that CMA testing has a high rate of concordance with standard karyotyping. For both early and late pregnancy loss, CMA is more likely to yield a result than karyotyping. Other studies have reported that CMA testing detects a substantial number of abnormalities in patients with normal karyotypes, although the precise yield is uncertain and likely varies based on gestational age. Rates of variants of uncertain significance in CMA testing of miscarriage samples are not well characterized. Potential benefits from identifying a genetic abnormality in a miscarriage or IUFD include reducing emotional distress for families, altering additional testing undertaken to assess for other causes of pregnancy loss, and changing reproductive decision making for future pregnancies. The potential for clinical utility with CMA testing of fetal tissue in pregnancy loss is parallel to that for obtaining a karyotype of fetal tissue in pregnancy loss, which is recommended by a number of organizations. None of the studies identified directly demonstrated whether (or how) patient management would change based on CMA testing of the products of conception from early or late pregnancy losses, nor did they demonstrate how patient outcomes would improve. However, the available evidence suggests that, for situations in which a genetic evaluation is indicated, CMA testing would be expected to perform as well as (or better) than standard karyotyping. The evidence is sufficient to determine that the technology results in a meaningful improvement in the net health outcome.
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SUPPLEMENTAL INFORMATION

Practice Guidelines and Position Statements

American College of Obstetrics and Gynecologists
The American College of Obstetrics and Gynecologists and the Society for Maternal-Fetal Medicine (2013) published a joint opinion on the use of chromosomal microarray testing in prenatal diagnosis.31 The guidelines made the following recommendations about the evaluation of fetal losses:

- “In cases of intrauterine fetal demise or stillbirth when further cytogenetic analysis is desired, chromosomal microarray analysis on fetal tissue (ie, amniotic fluid, placenta, or products of conception) is recommended because of its increased likelihood of obtaining results and improved detection of causative abnormalities.”
- “Limited data are available on the clinical utility of chromosomal microarray analysis to evaluate first-trimester and second-trimester pregnancy losses; therefore, this is not recommended at this time.”

American Society for Reproductive Medicine
The American Society for Reproductive Medicine (2012) issued an opinion on the evaluation and treatment of recurrent pregnancy loss.1 The statement drew the following conclusions:

- “Evaluation of recurrent pregnancy loss can proceed after 2 consecutive clinical pregnancy losses.”
- “Assessment of recurrent pregnancy loss focuses on screening for genetic factors and antiphospholipid syndrome, assessment of uterine anatomy, hormonal and metabolic factors, and lifestyle variables. These may include:
  - Peripheral karyotype of the parents.
  - Screening for lupus anticoagulant, anticardiolipin antibodies, and anti-β<sub>2</sub> glycoprotein I.
  - Sonohysterogram, hysterosalpingogram, and/or hysteroscopy.
  - Screening for thyroid and prolactin abnormalities.”
- “Karyotypic analysis of products of conception may be useful in the setting of ongoing therapy for recurrent pregnancy loss.”

U.S. Preventive Services Task Force Recommendations
Not applicable.

Medicare National Coverage
There is no national coverage determination (NCD). In the absence of an NCD, coverage decisions are left to the discretion of local Medicare carriers.

REFERENCES

The policies contained in the FEP Medical Policy Manual are developed to assist in administering contractual benefits and do not constitute medical advice. They are not intended to replace or substitute for the independent medical judgment of a practitioner or other health care professional in the treatment of an individual member. The Blue Cross and Blue Shield Association does not intend by the FEP Medical Policy Manual, or by any particular medical policy, to recommend, advocate, encourage or discourage any particular medical technologies. Medical decisions relative to medical technologies are to be made strictly by members/patients in consultation with their health care providers. The conclusion that a particular service or supply is medically necessary does not constitute a representation or warranty that the Blue Cross and Blue Shield Service Benefit Plan covers (or pays for) this service or supply for a particular member.


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**POLICY HISTORY**

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<th>Date</th>
<th>Action</th>
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<tr>
<td>September 2014</td>
<td>New Policy</td>
<td>Policy updated with literature review through September 10, 2014, with scope expanded to include late pregnancy losses. References 5-7, 20, and 23-27 added. Clinical input reviewed; CMA testing of fetal tissue may be considered medically necessary for 3rd trimester pregnancy losses. Title changed to &quot;Chromosomal Microarray Testing for the Evaluation of Early Pregnancy Loss and Intrauterine Fetal Demise&quot;.</td>
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<tr>
<td>March 2015</td>
<td>Updated Policy</td>
<td>Policy updated with literature review through September 10, 2014, with scope expanded to include late pregnancy losses. References 5-7, 20, and 23-27 added. Clinical input reviewed; CMA testing of fetal tissue may be considered medically necessary for 3rd trimester pregnancy losses. Title changed to &quot;Chromosomal Microarray Testing for the Evaluation of Early Pregnancy Loss and Intrauterine Fetal Demise&quot;.</td>
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<tr>
<td>December 2017</td>
<td>Updated Policy</td>
<td>Policy updated with literature review through June 22, 2017; references 19-20 and 33 added. Policy title and statement changed from &quot;analysis&quot; to &quot;testing&quot;. Policy statement otherwise unchanged.</td>
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