

I am thinking about becoming pregnant. Is there any test that can be done to show if I could be at risk for catching CMV?

Every woman of childbearing age should consider knowing her CMV status. Prior to pregnancy, consult your doctor to have a blood sample drawn and a CMV antibody test performed. If results are positive for CMV IgG antibody, you most likely had CMV sometime before in your lifetime. A positive CMV IgG antibody result rarely means you are experiencing a new infection. A CMV IgM antibody test may help distinguish between a new infection (IgM positive) or an old infection (IgM negative).

If, on the other hand, the original CMV IgG antibody test result was negative, you have no CMV antibodies; and thus, you are susceptible to catching the virus for the first time. In this case it is wise to practice the precautionary measures (see Precautions and Preventions) that may reduce your risk of catching CMV during your pregnancy.