

Echogenic Intracardiac Focus (EIF)

- **What is an echogenic intracardiac focus?**
 - During the second trimester ultrasound, careful examination of the heart may reveal a white spot which is referred to as an echogenic intracardiac focus. It is a tiny speck of calcification or mineralization in one of the heart muscles. If there is more than one bright spot they are called intracardiac foci.
 - This is considered a normal variant, found in about 3-5% of all fetuses during the 2nd trimester.
 - They have nothing to do with the heart development or function.

- **What will happen to the cyst?**
 - They don't actually resolve but they appear that they do as the heart gets bigger, this area of calcification stays the same.
 - Since they do not cause problems for the fetus, there is no special concern if they're still visible at a later time.
 - No ultrasound follow up is needed to watch for changes in the EIF.

- **What is the concern?**
 - Some studies have raised concern about a small risk for trisomy 21 (Down syndrome). However, if no other concerning ultrasound findings are present this is typically only considered a soft marker.

- **What other tests can evaluate this?**
 - There is no special test recommended for an isolated finding of an EIF, however there are lab tests that are optional.
 - Noninvasive (NIPT) is a lab test that can evaluate abnormalities including trisomy 13, 18 and 21.
 - Amniocentesis is a diagnostic test that can accurately diagnose Down syndrome & other chromosomal abnormalities. There is a small risk of this procedure causing a miscarriage and an amniocentesis is not recommended for an EIF alone.

- **Will my baby need a special cardiac workup after delivery?**
 - No. Without other concerning findings, an EIF does not warrant any further cardiac workup after delivery of the baby.