



Please register for our patient portal located on our website at:

[www.mscwomenshealth.com](http://www.mscwomenshealth.com)

*Congratulations!!*

Many patients find it helpful to know the details about the routine obstetrical care we provide. Your needs may be different, and the routine may be altered to fit your individual situation. If you have questions about any of our recommendations, please feel free to discuss them with any of our practitioners. We urge you to contact our office at any time.

#### **LABORATORY TESTS**

The obstetrical panel will be drawn at your first ultrasound visit at our office - called the New OB panel. This will include a test for anemia, rubella immunity, your blood type, VDRL, Hepatitis B, HIV, and thyroid function. A sample of urine will be obtained at the first visit to test for infection.

The alpha fetoprotein (AFP) blood test is drawn between 16 and 20 weeks and is part of our recommended care. This test evaluates a fetus's risk for spina bifida. Not all patients elect to have this test.

Diabetes screening and a test for anemia are collected between 26 and 30 weeks. Also, if you are Rh negative, expect to have an antibody screen and a Rhogam injection. A booster shot for whooping cough (Tdap) is also given at this time, for added protection to you, and your newborn, as protective antibodies will be in your breast milk.

At 37-38 weeks, a cervical culture sample for Group B streptococcus will be collected. If you are found to carry these bacteria, you will receive antibiotics during labor, so your baby is at reduced risk. One in five women are actually Group B streptococcus positive. This is not an infection, but part of your normal flora.

#### **SPECIAL TESTING**

First trimester screening for genetic defects is an *optional* screening intended to identify potential genetic abnormalities without invasive measures. This technique is helpful to all women regardless of age, or those who are undecided about more invasive testing such as chorionic villus sampling (CVS) or amniocentesis. This is done in clinic at 12 weeks.

Using this method, blood is drawn from the mother by a finger stick and tested for the beta subunit of human chorionic gonadotropin and pregnancy associated plasma protein-A (PAPP-A). An ultrasound of the fetal nuchal fold (an area at the back of the fetal neck), at 12 weeks of gestational age provides a detection rate for Down's syndrome, Trisomy 13, and Trisomy 18 of 91%. The nuchal fold thickness may also indicate a higher risk for major heart defects in the fetus. A positive test allows a woman to decide if a CVS or amniocentesis is appropriate. A negative test indicates that the unidentified risk of having a child with Down's syndrome, Trisomy 13 or Trisomy 18 is reduced. While this is not a diagnostic test, it does represent an improvement over screening tests previously offered. The first trimester screen has a

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false positive rate of 2% and does not test for Spina Bifida or other genetically linked chromosomal abnormalities. The AFP test is still recommended.

MaterniT 21 is another optional(screening) blood test that is offered at 10 weeks. This is done with a genetic counseling appointment with the Perinatology Department at Meriter Hospital. This test has a higher detection rate for genetic defects (80 to 90%) than first trimester screening. MaterniT 21 screens for trisomy 21, trisomy 18, or open neural tube defects. While MaterniT 21 screens for more potential birth defects than first trimester screening, you will want to check with your insurance carrier for coverage, since this test is usually reserved for those mothers over 35 years of age.

#### **APPROXIMATE APPOINTMENT SCHEDULE**

(These visits may be altered slightly depending on holidays and schedules.)

#### **8 weeks:            Dating Ultrasound / Labs/New OB Visit, Full History and Physical Exam**

You will have an appointment with our ultrasound unit to confirm viability and prenatal labs are drawn. Typically, an ultrasound by transvaginal route is performed. The ultrasound confirms the number of fetuses, properly dates your delivery, and the health of your pregnancy.

A medical, surgical, and obstetrical history will be gathered by our highly trained nurse practitioner. A physical examination may be performed which will include a pap smear and cultures if needed.

#### **\*10 weeks\*        MaterniT 21 with the Perinatology Department at Meriter Hospital**

Based on your history, **you may be given** the option to have Maternity 21 testing with a genetics consultation at with Perinatology at Meriter Hospital. *Again, this test is usually reserved for those mothers over 35 years of age.*

#### **12 weeks:        Ultrasound and Doctor Visit, First Trimester Blood Work**

You will have an appointment with our ultrasonographer and one of our obstetricians. The ultrasound is performed as a complement to the first trimester screen. During the ultrasound, the nuchal translucency will be measured. This, in combination with the blood work, will indicate a risk factor either greater than, less than or equal to your risk of having a baby affected by trisomy 13, 18, or 21. You will be counseled by one of our obstetricians regarding the interpretation of this test and the trajectory of your care.

#### **Subsequent Visits:**

Measurements for weight, blood pressure, fetal heart tones and uterine growth will be assessed at each visit. Urine samples are collected at each visit to monitor for protein and glucose, but do not assess for infection. If you have symptoms of a urinary tract infection, please tell your practitioner.



**MONTHLY OB VISITS:**

**16 weeks: Monthly OB Visit /AFP**

Along with your normal ob appointment, blood work will be drawn for the AFP test which determines if your baby has an increased risk for an open neural tube defect or spina bifida.

**20 weeks: Monthly OB Visit / Anatomic Survey Ultrasound**

The purpose of this anatomic survey ultrasound performed at this visit is to examine the specific anatomy of your baby. The location of the placenta and your cervical length are checked, and your provider will review the results of the ultrasound with you. This is also the time when you may be able to find out the gender!

**24 weeks: Monthly OB Visit**

Routine visits with one of our obstetricians consist of obtaining a urine sample, measuring your blood pressure, and checking fetal heart tones.

**28 weeks: Monthly OB Visit/Gestational Diabetic Screening**

During this monthly visit you will be tested for gestational diabetes. Please refer to Laboratory Tests (Page 1) for information on receiving your glucose test. If you are RH negative, expect to have an antibody screen and Rhogam injection.

We recommend you select a pediatrician and contact his or her office to inform them of your decision. Please arrange for childbirth classes. There are many classes available in the community relating to breastfeeding, childcare, infant CPR, and other topics if you are interested. If you will be returning to work after your child is born, now is the time to think about arranging childcare.

It is also time to complete your disability paperwork if you need to file documentation with your employer. Please contact our medical records department for assistance.

**BEGIN BI-WEEKLY VISITS:**

**Weeks 30, 32, 34** are routine appointments.

**36-38 weeks: Bi-Weekly OB Visit/Lab Test**

We will perform a cervical culture for Group B streptococcus. This is a bacteria carried NORMALLY by up to 30% of women. This presence of this bacterium is not necessarily an infection but can cause infections in babies as they are delivered. If you are found to carry these bacteria, you will receive antibiotics during labor. In preparation for delivery, please review our 'Signs of Labor' information found on our website.

**BEGIN WEEKLY VISITS:**

**Weeks 37, 38, 39, 40** are routine appointments.

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## **PHYSICIAN CALL SCHEDULE**

Who will deliver your baby? Our group assigns one doctor to “call” on a rotating basis. The on-call physician is responsible for all deliveries and emergencies during his or her 24-hour shift.

## ***EMERGENCIES: 608-227-7007***

The on-call physician is responsible for all true emergencies and deliveries. After normal business hours, your call will be transferred to our answering service. Call for any serious accidents or illnesses or for any of the symptoms noted below. We do ask that you contact our on-call doctor if you believe you may be in labor or that your water has broken.

An obstetrical triage nurse is also available to answer your questions 24 hours per day and can be reached at: **Meriter Birthing Center / (608) 417-6228.**

### ***Symptoms to prompt a phone call:***

- Possible labor – symptoms of contractions every 5 minutes lasting 1 minute for 1 hour [5-1-1]
- Bleeding from the vagina at any time during pregnancy. Many times, this is not threatening, but always warrants investigation.
- Severe or continuous nausea or vomiting lasting 24 hours or more.
- Severe headaches, blurring of vision, or spots/flashes of light before your eyes.
- Extreme swelling of feet hands or face
- Fever greater than 101 degrees Fahrenheit
- Pain or burning during urination.
- Sharp, continuous, or worsening abdominal pain
- Sudden gush of fluid from the vagina after the first trimester
- Premature contractions after the first trimester (greater than four per hour)
- Lack of adequate fetal movement after 30 weeks gestation (less than eight fetal movements in a two-hour period after lying down and having something to eat or drink)

### **Other pieces of information:**

#### **WEIGHT**

It is important to gain adequate weight during pregnancy. For women who are of normal weight, twenty-five pounds is a normal average. Normally, ½ to one pound per week after the first 12 weeks is gained in order to adequately nourish the baby. For women who are greater than average weight, we suggest that you not attempt to lose weight during pregnancy. You can expect to gain about 10-15 pounds even if overweight.

#### **EXERCISE**

We encourage exercise during pregnancy unless your healthcare provider has told you otherwise. Your heart rate should not exceed 150 beats per minute for any sustained amount of time. Avoid contact with sports or activities where injury to the abdomen may occur, such as horseback riding,

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skiing, volleyball, etc. Rest if you become short of breath or if significant sweating occurs. Make sure you are well hydrated prior to and after each exercise period. Exercise typically should not increase over that of your pre-pregnancy level.

#### **TRAVEL**

Normal activity is encouraged. If you are travelling for an extended period, move around at least once every hour. Consult your provider if you are planning a trip during the last two months of your pregnancy. Check with your insurance company regarding coverage if you travel outside of the service area after your 35th week of pregnancy. Typically, air travel, using a commercial airline, is without concern until 35 weeks of pregnancy.

#### **BATHING**

Showers or tub baths are encouraged. No douching unless specifically instructed to do so. Hot tubs, saunas and Jacuzzi spas are discouraged. The excess heat typically found in these facilities is not healthy for you or your baby.

#### **DENTAL CARE**

We recommend you have your teeth checked early in pregnancy if you have not done so recently. Proper dental care can have a positive influence on perinatal outcomes. Be sure to tell your dentist that you are pregnant. Avoid dental x-rays during pregnancy. Novocain is considered safe but avoid gas anesthesia.

#### **INTERCOURSE**

There are no restrictions on sexual intercourse during pregnancy unless you have been specifically instructed to avoid intercourse. If you notice any vaginal bleeding, cramping, or abnormal discharge of fluid from the vagina, notify your provider.

#### **INFECTIOUS ILLNESS**

Avoid contact with individuals suffering from a contagious illness. Concerns arise from toxoplasmosis, chickenpox, and viral illness during pregnancy. Avoid raw or undercooked meats, cat litter boxes and individuals who are ill. It is important to contact our office if you are unsure regarding any contacts you may have during your pregnancy.

#### **AVOID ALCOHOL AND TOBACCO DURING ENTIRE PREGNANCY**

If you are interested in smoking cessation, please let us know. We very much want you to avoid any smoke exposure during your pregnancy. If you drink alcohol during your pregnancy, in any amount, it may harm your baby. If you are having any difficulty avoiding alcohol consumption or any drug use during your pregnancy, please let us know.

Our goal is to provide you with the best in prenatal care. Please talk with us at any visit regarding any questions.



Thank you for allowing Physicians for Women to partner with you on your healthcare!

***Congratulations!***