

# **CONGRATULATIONS ON YOUR PREGNANCY!!!!!!!**

**Drs. Waller, Dupre, Martin, Desautels, Phillips, Miller, & Griggs along with Nurse Midwives Vicki Brooks, Mona LaBranche, and welcome you to our practice. We strive to provide you and your baby with personalized high quality obstetric care. We will work with you to achieve as enjoyable, healthy, and safe a pregnancy and delivery as possible.**

## **At what hospitals do we deliver?**

We primarily deliver babies at Baptist Medical Center East and Jackson Hospital. You are asked to pre-admit at the hospital of your choice when you are 20 to 24 weeks pregnant. Pre-admission forms are available from the receptionists in our office.

## **What will happen at your prenatal office appointments?**

- At your first visit your doctor or midwife will review your medical history, try to give you a due date, perform a physical examination, and do routine cultures, blood and urine tests. Any questions and concerns that you have will be discussed. Risk factors and goals for your pregnancy will be outlined.
- At your monthly visits during the first 6 months of pregnancy, we will get an update on how you are feeling, check your vital signs and urine, and, after 12 weeks of pregnancy, listen to your baby's heartbeat.
- When your pregnancy is between 15 and 20 weeks you will be offered a blood test to determine if your baby is at higher risk for certain chromosome problems (Down Syndrome and Trisomy 18) and neural tube defects. This test is not mandatory and might not be covered by your insurance company. A brochure describing this test in detail will be provided to you. Available tests are: AFP, Triple Screen, and Quad Screen.
- An ultrasound of your baby will routinely be done between 20 and 22 weeks of pregnancy. We are often able to determine the gender of your baby at this time. More importantly, we will try to ensure normal development and growth of your baby. Ultrasounds will be done at other times during your pregnancy if medically necessary. Portions of your ultrasound may be recorded for you so bring a blank VHS tape! If you are interested in having a special 3-D Ultrasound please talk to one of our ultrasound technicians.
- Diabetes screening is usually done between 24 and 28 weeks of pregnancy. Your blood sugar will be tested one hour after you drink a special beverage. If you test positive further testing and possible treatment for diabetes will be initiated.
- Sometime between 28 and 32 weeks you will begin to have check-ups every 2 weeks. If your blood type is Rh negative you will most likely be given Rhogam to prevent complications in future pregnancies.
- Around the 36<sup>th</sup> week of your pregnancy expect to have the Group B (Beta) Strep test done. This is a culture of the lower vagina and anus. If you test positive, you will be given antibiotics while you are in labor to protect your baby. We will be seeing you at least once a week during your last month of pregnancy.

## **What about birthing classes, breast feeding instruction, CPR training, and parenting classes?**

Many interesting and informative classes are offered at our office, the hospitals, and Maxwell Air Force Base. Please ask the checkout person for class information and enrollment forms. You are encouraged to go on a scheduled tour of the hospital's labor and delivery ward and nursery.

## **What do you need to do regarding insurance and financial arrangements?**

First, notify your insurance company that you are pregnant and ask them to pre-certify your pregnancy coverage. Make sure that you understand what is and is not covered by your policy. We have insurance and financial experts to help you through the process. We will verify your insurance coverage and let you know what other financial responsibilities you might have. Please be aware that office visits related to complications or non-pregnancy related problems will be billed and filed through your insurance separate from routine prenatal care. If you have questions just ask one of our insurance experts.

**What about medical leave papers and work excuses?**

Please start planning for your maternity leave at least 2 months before your due date. Allow 7 to 10 working days for us to complete your medical leave papers. We will happily give you a written excuse for work missed due to an appointment at our office or pregnancy related condition that has required you to miss work.