

LEXINGTON CLINIC OBSTETRICAL PATIENT CARE AGREEMENT

Prenatal Care: What Can I Expect?

Please note that your appointments may vary based on your pregnancy.

INITIAL PRENATAL VISIT

- Your first visit may take up to 1 hour.
- You will meet with your doctor's assistant to go over the medical history of you and the father of the baby.
- You will then meet with your doctor to go over pregnancy tips and discuss any health concerns.
- It is a good idea to bring a list of questions that you may have to this visit.
- Your doctor will most likely perform a physical exam at this visit.
- We will check your weight, blood pressure and urine.
- Your doctor will also order your initial prenatal blood work.
- Prenatal Classes are offered by Saint Joseph East Hospital

TYPICAL ROUTINE FOLLOW-UP VISITS

- From 8-28 weeks, you will be seen every 4 weeks
- From 28-36 weeks, you will be seen every 2 weeks
- From 36 weeks to delivery, you will be seen weekly

AT EACH FOLLOW-UP VISIT, WE WILL...

- Check your weight
- Screen for Preeclampsia by checking your blood pressure and urine
- Listen to fetal heart tones
- Measurement of your belly (after 28 weeks)
- Perform vaginal exams (after 36 weeks)
- Review your concerns

SPECIAL SCREENING LAB TESTS THAT WILL BE OFFERED TO YOU THROUGHOUT YOUR PREGNANCY:

First Trimester

- Nuchal Translucency ultrasound
- Sequential Integrated Testing (part 1): this is a two-part test that combines lab work and ultrasound to screen for abnormalities such as Down syndrome and other chromosomal abnormalities or NIPT non invasive perinatal testing which also tests for Down syndrome and other chromosomal abnormalities by testing fetal cells in maternal blood
- Prenatal Labs

Second Trimester

- Nuchal Translucency Sequential Integrated Testing (part 2)
- Cystic Fibrosis screening: this blood test screens you for the CF carrier gene to let us know if your baby is at risk for having CF.
- Alpha-Fetoprotein (AFP) Test: It aids in screening for your risk of open neural tube defects (anencephaly and spina bifida), Down syndrome, and Trisomy 18.
- Gestational Diabetes Screen (always performed in the second trimester and may also be indicated in the first): this is a one-hour test that screens you for gestational diabetes. When you arrive for your routine visit on this day, you will be given a glucola beverage. Exactly one hour after finishing this drink, your blood will be drawn. Although there is no need to fast prior to this test, you may not eat or drink after you are given the beverage.

Third Trimester

- Group B Strep screening (36 weeks): This is a vaginal culture performed to detect if you have group B strep. If it is positive, you will be given antibiotics to prevent transmission of this bacteria to your baby.
- Tdap (Tetanus, Diphtheria and Pertussis) vaccination: the vaccine helps your body make antibodies to protect you from disease. These antibodies pass to your fetus and can protect your newborn until he or she can get the Tdap vaccine at 2 months old.

ULTRASOUND DURING PREGNANCY

First Trimester

- 8 weeks: confirmation of pregnancy
- 12 weeks: Nuchal Translucency

Second Trimester

- 20-24 weeks: you will be receiving the full anatomy ultrasound. This ultrasound usually lasts one hour and provides a very detailed look at your baby. Our ultrasound technician will be looking at your baby's heart, spine, kidneys, fetal movement, limbs, face, skull, etc.

Third Trimester

- 36 weeks: growth/position check

Note: We feel that it is important to inform you that some insurance companies only allow one routine obstetrical ultrasound per pregnancy. It is your responsibility to know your benefits. The physicians at Lexington Clinic OB/GYN order ultrasounds based on need, but some insurances do not consider them medically necessary. Please be sure to let us know if your insurance plan has any limitation to the quantity of ultrasounds that will be covered.

DELIVERY POLICY:

Lexington Clinic Obstetrics Department has three providers: two physicians board-certified in Obstetrics and Gynecology by the American Osteopathic Board of Obstetrics and Gynecology, as well as a Nurse Practitioner. You will see both physicians and the Nurse Practitioner during your pregnancy. This serves three purposes: (1) Enables you to meet all of us, (2) Allows the physicians to meet you and review your record and medical conditions, and (3) Increases your comfort level with the physician on call should an unexpected problem arise. You should be aware that the hospital call rotates with both physicians, and it is not always known which doctor will be on call when you deliver or have an unexpected problem arise. You may not request a specific doctor to perform your delivery; however, every attempt will be made for planned cesarean sections and inductions of labor to be scheduled with your primary doctor.

APPOINTMENT CANCELLATIONS:

To have the healthiest pregnancy possible, you must see your provider regularly. You are required to attend ALL prenatal visits as requested by your provider. It is important for you to keep us informed of your current address and phone number. Often, we need to reach you in between your appointments. ***Patients who cancel appointments with less than 24-hour notice or no-show for 3 appointments will be discharged from the practice.***

I acknowledge that I have received, read, and understand the Lexington Clinic Obstetrical Patient Care Agreement. By signing below, I agree to the terms of the Obstetrical Patient Care Agreement.

Name (please print)

Signature

Date

Patient's Legal Representative

Relationship

Date