

OB FACT SHEET

CONGRATULATIONS! Here is some information to guide you through your pregnancy.

Routine personal care includes scheduled visits, initially every 4 weeks up to 28 weeks, then every 2 weeks until 36 weeks, followed by weekly visits until delivery. Additional visits may be required as necessary. All visits will include evaluation of your weight, blood pressure, urine, and baby's heartbeat and growth. You will be able to meet all of the doctors and nurse practitioners during these visits. Our doctors deliver at Inova Fair Oaks Hospital, taking call in rotation.

- **Nurse intake visit:** routine laboratory tests and review of basic information
 - Complete blood count, blood type, antibody screen, Rubella immunity, thyroid, Hepatitis B, HIV, Syphilis; if applicable, screening for cystic fibrosis or sickle cell anemia.
- **First prenatal visit:** review of medical history and complete physical exam
 - PAP Smear, urine culture, Gonorrhea, Chlamydia
- **10-22 Weeks:** optional genetic testing (detailed below)
- **20 Weeks:** sonogram at Radiology facility to evaluate baby's anatomy
- **26 Weeks:** assessment for Anemia, Gestational Diabetes screening, antibody screen if Rh-Negative
- **30 Weeks:** Rhogam injection if Rh-Negative
- **35-37 Weeks:** Group B Streptococcus (GBS) Screen

GENETIC TESTING OPTIONS

Optional testing is available for screening or diagnosis of genetic conditions such as Down Syndrome. Tests can be non-invasive or invasive, and have different detection rates with risks for false results. Every couple needs to choose which test (if any) is right for them based on risk factors and personal reference.

- **First trimester screen:** a screening test performed between 11-14 weeks at a referral center. A sonogram measurement of nuchal translucency is combined with a maternal blood test to detect an increased risk for Down Syndrome and trisomy 18 or 3. Detection rate is 80-90% with an estimated false positive rate of 5%, meaning 5% of positive tests will turn out to be incorrect.
- **Quad Screen:** a screening test performed between 15-20 weeks in our office. This maternal test can detect an increased risk for neural tube defects, Down Syndrome, and trisomy 18 at a rate of approximately 80%. False positive rate is 5%.
- **Single AFP:** a screening test performed between 15-20 weeks to detect an increased risk of neural tube defects.
- **Cell-free fetal DNA:** a screening test performed after 10 weeks in our office. This maternal blood test can identify 99% of Down Syndrome and trisomy 18, and 90% of trisomy 13. As a relatively new testing method, it may not be covered by your insurance. This test is available for high risk pregnancies.

- **Chorionic Villus sampling (CVS):** a diagnostic test performed between 10-13 weeks at a genetic testing center. Detection rate for chromosome abnormalities is 98-99%, with 1% risk of false positive result. The chance of a pregnancy loss from the procedure is 1 in 100-200.
- **Amniocentesis:** a diagnostic test performed between 15-22 weeks at a genetic testing center. This test detects chromosome abnormalities and neural tube defects at a 98-99% rate. The chance of a pregnancy loss from the procedure is 1 in 200-400.
- **Fetal RHD genotyping:** a blood test for Rh-negative mothers. Approximately 1 in 3 Rh-negative mothers have Rh-negative babies, and therefore no risk for developing RhD Disease. A maternal blood test can be performed to determine the RhD status of the baby after 10 weeks.

ADDITIONAL INFORMATION

Vaccinations may be offered to you in the hospital or in our office. These include rubella (if you are not immune), influenza (strongly recommended for pregnant women and household members of newborns), and the Tdap (Tetanus, Diphtheria, and Pertussis - if you have not received a booster after age 19) vaccines.

We encourage first time parents to attend a childbirth education class. Infant-care or breast-feeding classes may also be helpful. Brochures are available at the front desk and online at the hospital website www.inova.org

The fee for vaginal delivery is \$4000 and for Cesarean delivery \$4400. This includes routine prenatal visits, delivery, and postpartum care. It does not include visits for non-pregnancy related problems, laboratory tests, non-stress tests, circumcision, or hospital charges. In addition, anesthesia, neonatology, radiology, and pathology may charge for their services. We participate with many insurance companies. We will help you determine your financial responsibility for our care for your pregnancy. **This must be met by 30 weeks.** We will submit our bill to your insurance company after your delivery.

Greenbriar OB-GYN and Inova Fair Oaks Hospital participate with the **Virginia Birth Related Neurological Injury Compensation Program.** Please see the brochure for more information.

We are available for you day or night at **(703) 359-5900**. The office is open 8:00 to 3:30 Monday through Thursday, and 8 to 1:00 on Friday. Please save the after-hours service for emergencies only. If you do not get a response from us within 30 minutes, go to the hospital.

Please specify:

I would like _____ to have access to my medical information.

I have read and understand the information in these pages.

Signature of Patient _____ Date _____ Witness _____