Greenbriar OBGYN

GREENBRIAR OB FACT SHEET

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

Routine prenatal care includes scheduled visits, initially every 4 weeks up to 28 weeks, then every 2 weeks until 36 week, 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 practitioner during these visits. Our doctors deliver at Inova Fair Oaks Hospital, taking call in rotation.

Routine tests

- **First prenatal visit:** Review of medical history and complete physical exam
  - PAP smear, urine culture, gonorrhea, chlamydia
  - Routine laboratory tests: blood count, blood type, antibody screen, rubella immunity, hepatitis B, HIV, syphilis and if applicable, cystic fibrosis, sickle cell anemia, thyroid and parvovirus
- **10-22 weeks:** optional genetic testing (detailed below)
- **20 weeks:** sonogram at a 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 (screening) or invasive (diagnostic) 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 preference.

Non-invasive (screening)

- **First Trimester screen:** a screening test performed between 11-14 weeks at a referral center. A sonogram measurement of the nuchal translucency is combined with a maternal blood test to detect an increased risk for Down Syndrome, trisomy 18 and trisomy 13. 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 is a maternal blood test that can detect an increased risk for neural tube defects, Down Syndrome and trisomy 18 at a rate of approximately 80% with false positive rate of 5%.
- **Single AFP:** A screening blood test that can be done in addition to the first trimester screen or cell-free DNA test. This is done between 15-20 weeks to detect an increased risk of neural tube defects.
- **Cell-free DNA:** a screening test performed after 10 weeks. This maternal blood test can identify 99% of Down Syndrome and trisomy 18 and 90% of trisomy 13. It can also detect the baby's blood type for Rh negative mothers who do not want the Rhogam injection. This is for high risk pregnancies and may not be covered by insurance.

Invasive (diagnostic)

Chorionic villus sampling and amniocentesis: these are invasive diagnostic tests that are performed at a genetic testing center for diagnosis of a suspected chromosomal abnormality in the baby. Detection rates and risks of the procedures vary with the procedure.

Greenbriar OBGYN

Carrier Screening for Genetic Conditions

Optional genetic testing is available for a number of inheritable medical conditions. Carrier screening is testing that can be done to assess if you or your partner carry a genetic mutation that could be passed on to your baby, ideally prior to conception. Genetic counseling will be recommended if both partners are found to be carriers of a genetic condition.

- Cystic Fibrosis (CF) is an inherited disorder that can cause life-threatening damages to the lungs and digestive system. Screening is offered to all patients, but recommended especially for high-risk individuals in the non-Hispanic white and Ashkenazi Jewish populations.
- Individuals of African, Mediterranean, Middle Eastern, Southeast Asian or West Indian descent may be screened for hereditary causes of anemia (red blood cell disorder) such as sickle-cell disease (SCD) or thalassemia.
- Screening is available for: Spinal Muscular Atrophy (SMA), a genetic disorder characterized by progressive muscle degeneration and disability, or even death in infancy; Fragile X Syndrome, especially for individuals with a family history of fragile X-related intellectual disability; and Tay-Sachs Disease, if you or your partner is of Ashkenazi Jewish, French-Canadian, or Cajun descent.
- Additional screening is available for a number of genetic disorders more prevalent among individuals of Ashkenazi Jewish (Eastern European and Central European) descent.

Additional information

Vaccinations may be offered to you in the hospital or in our office. These include rubella after delivery if you are not immune; influenza which is strongly recommended for all pregnant women anytime during the pregnancy and household members of newborns; and Tdap (tetanus, diphtheria and pertussis) for pregnant women in every pregnancy, and household members if they have not been updated after 20 years of age.

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

Obstetrical Fees

The fee for a vaginal delivery is $4000 and for a cesarean delivery is $4500. For both insured and self-pay patients, the delivery fee does not cover services for non-pregnancy related problems, laboratory tests, non-stress tests, cord blood collection, circumcision or hospital charges. In addition, anesthesia, neonatology, radiology and pathology may charge for their services. We participate with most major insurance companies. Our billing department will contact you to discuss your financial responsibilities for your pregnancy. We will submit a claim to your insurance company for antepartum visits and delivery at the end of your pregnancy.

Greenbriar OBGYN 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 8:00 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