

## Welcome to the MIT Medical Prenatal Program

We are looking forward to seeing you for your first prenatal visit(s) on:

Date: \_\_\_\_\_ Time: \_\_\_\_\_ With: \_\_\_\_\_

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We have prepared this package to provide you with information about the course of your prenatal care and additional information to help answer common questions about pregnancy. During the course of your pregnancy, you will need to have a variety of appointments and tests performed. These tests are to ensure that both you and your baby are healthy. We are sending this overview along to give you an idea of what to expect over the next months.

**In this packet, you will find a medical history form. Please fully complete this packet and bring it to your first appointment.**

**If this box is checked, please go to the laboratory at MIT Medical (on the 1<sup>st</sup> floor) one week before your appointment and have your pregnancy blood work drawn. All you need to do is give your name and the laboratory will know what tests to perform.**

### First Prenatal Visit

At the 1<sup>st</sup> prenatal visit, we will weigh you and take your blood pressure. You will be given a prenatal package that includes information on diet, exercise and some of the common symptoms you may experience while you are pregnant. You will meet with an obstetric provider who will take a health history, do an examination and answer any questions that you may have. You may have blood tests done after your visit.

### Routine Prenatal Visits

After the first prenatal visit, you will have routine prenatal visits during your pregnancy where your weight and blood pressure will be taken. We will also ask that you bring a first morning void (urine) to these appointments. During each visit, we will listen to your baby's heart beat and answer any questions you may have. During the 1<sup>st</sup> and 2<sup>nd</sup> trimester (up to 28 weeks), these visits are every 4 weeks. From weeks 28-36, they become every two weeks and in the last month, we will see you every week until the baby is born. If you do not deliver before your due date, there are additional tests such as ultrasounds or fetal monitoring which may be done.

### Birth Place

The Mount Auburn Birthplace combines care, compassion, and technology to offer parents-to-be and families a homey and comfortable setting for births. Mothers stay in one room through labor, delivery, and recovery, and rooms are equipped with private baths and showers and some with jacuzzis. If necessary, cesarean sections rooms are immediately adjacent as are anesthesiologists who are in-house 24 hours a day. Pediatricians and neonatal nurses are also in house 24 hours a day for babies who require special care following delivery. Alternate birth experiences such as birthing chairs, birthing balls, hypno-birthing, doulas and water births are available.

### Our Obstetric Providers

Mount Auburn physicians and certified nurse midwives provide complete prenatal care, including pregnancy testing, birth planning, and health education, as well as the necessary tests, support, and encouragement. Physicians who specialize in maternal/fetal medicine are available for women who have special medical or genetic concerns or face high-risk pregnancies.

### Tests During Your Pregnancy

When you are 11-13 weeks pregnant, you will be offered the first trimester screening test also known as “First Look”. This test is performed at Brigham and Women’s Hospital to help identify women that are at high risk for having a baby with a chromosomal abnormality like Down Syndrome and Trisomy 18. During this test, an ultrasound will be performed and blood will be taken. If this test is abnormal, other tests will be offered to help make a definitive diagnosis. Women over the age of 35 or with other risk factors will be offered other tests like amniocentesis.

When you are 16 weeks pregnant, you will be offered a maternal blood test called “AFP”. This screening test is performed to help identify women that are at high risk for having a baby with neural tube defect. This test is done at MIT Medical. If you chose not to have the Down Syndrome and Trisomy 18 screen at 11-13 weeks, we can do the blood test (no ultrasound) at this time.

Between 16 and 20 weeks of pregnancy, all women will be offered a screening/dating ultrasound. This is usually performed at Diagnostic Ultrasound Associates at 333 Longwood Avenue, Boston.

At 28 weeks of pregnancy, you will have a 1 hour glucose loading test. This determines which women need further testing for diabetes. Most women who are diabetic during pregnancy return to normal after delivery. Women who have RH negative blood will receive an injection of Rhogam at 28 weeks to prevent sensitization from the baby’s blood.

Between 35<sup>th</sup> and 37<sup>th</sup> week of pregnancy, the obstetric provider will obtain a vaginal culture to test for Group B Streptococcus. This is a type of bacteria that can be found normally in the genital or gastrointestinal area, but during labor can get into the fluid around the baby and cause a serious infection after delivery.

### How to Contact Us

If you have any questions or concerns, please call 617-253-1315 during office hours Monday-Friday, 8:30 AM to 5:00PM and our office will assist you. Please tell them the nature of your concern. When possible, please try to call early in the day. This will give us enough time to determine whether or not you need to be seen for a visit and order appropriate test as needed.

After normal business hours, please call 617-253-1311. Please tell them the nature of your concern. They will then contact your OB provider or one of the other providers in the group. If you see one of the midwives, please make sure you mention that so we can contact the midwife on call.

We hope this helps give you an overview of what to expect in the coming months. We look forward to meeting you.

## Travel During Pregnancy

The MIT Medical Department recommends that all prenatal patients inform their OB providers ahead of time about any travel plans outside of the service area. Most U.S. Airlines allow pregnant women to fly up to 36 weeks of gestation. For specific airline requirements, you should check with the specific carrier because documentation of gestational age may be required. The safest time for travel is in the 2<sup>nd</sup> trimester (14-28 weeks). It is recommended travel be avoided in the 1<sup>st</sup> trimester and after 36 weeks gestation.

### 1<sup>st</sup> Trimester

Although travel during pregnancy does not increase the risk of spontaneous miscarriage, the incidence of miscarriage is higher during the first 13 weeks of pregnancy. Women who are at high risk for miscarriage or who show signs of possible impending miscarriage will be medically advised not to travel in the 1<sup>st</sup> trimester.

### Late Pregnancy

In a study by Treloar et al., the percent of expected deliveries started to rise at 36 weeks gestation. Therefore, travel outside the service area during or after 36 weeks gestation is medically prohibited.

### Insurance Coverage

The MIT Health Plan has a policy regarding medical care out of the service area. In most cases, no benefits will be provided for medical care that could have been foreseen before going out of the service area. This also means that NO benefits may be provided for a normal full term birth that takes place out of the service area within four weeks of the estimated due date and thereafter. This would also apply to any situation in which the physician recommends against travel for medical reasons.

### Traveling Tips

- ◆ Drink plenty of fluids to help prevent dehydration.
- ◆ Stretch your back muscles from time to time.
- ◆ Wear comfortable shoes and clothing..
- ◆ Be sure to pack light.
- ◆ Carry some light snacks with you to help prevent nausea.
- ◆ When you are en route, try to walk around about every hour. Stretching your legs will lessen the risk of blood clots and make you more comfortable. It will also decrease the amount of swelling in your ankles.