



Thank you for allowing us to be a part of this special time in your life. Here's an overview of today's Prenatal Intake appointment.

Our number to reach us 24 hours a day / 7 days a week is 617-479-6636.

1. During the appointment

- a. Full History, weight, and blood pressure were taken

2. Routine Laboratory Tests - being drawn today

- a. Rubella - checking for immunity to German measles
- b. Varicella- checking for immunity to the Chickenpox virus
- c. Hepatitis B
- d. Hepatitis C
- e. HIV
- f. RPR-Syphilis
- g. Hemoglobin A1C- general status of blood sugar for the past 3 months
- h. Urinalysis and Urine Culture to check for an infection
- i. Complete Blood Count (CBC) - checks for anemia among other issues
- j. Blood type and RH
- k. Urine Drug Test
- l. Any additional blood work will be added and discussed as needed

3. Genetic Screening (Chromosomal)

- a. Nuchal Translucency (NT) ultrasound was booked
 - i. To be done between 12.5 weeks and 13.6 weeks
 - ii. You need to have a full bladder for this appointment
 - 1. 12 oz of fluid 1 hour prior to the appointment and do not urinate
- b. Options for genetic testing blood work- will be done at the NT ultrasound
 - i. Early Risk Assessment- First Trimester Screening
 - ii. Non-Invasive Prenatal Testing (NIPT)- (see handout)
 - 1. If you are interested in getting NIPT, make sure to check your insurance coverage first
 - a. CPT code 81420

4. Optional Genetic Carrier Screening

- a. See handout with detailed information
- b. You have the option to have these tests done today or you can decline and check with your insurance for coverage and get testing done at a later date- a consent will be signed either way

5. Harmful Agents

- a. Tobacco/Marijuana or CBD products including edible use is not recommended in pregnancy
 - i. Complications can include SIDS, low birth weight, neonatal death
- b. No illicit drug use in pregnancy
 - i. Including cocaine, heroin, suboxone or subutex, and any other non prescribed medication obtained illegally
- c. Zero Alcohol in pregnancy
- d. Drug testing is done with this visit. They are also done throughout the entire pregnancy if there is a history of or current drug abuse if a patient is on any narcotics even if prescribed (including subutex/methadone/klonopin), or for any other reason the provider sees fit.

6. Domestic Violence

- a. 24-hour toll-free number 800-799-7233
- b. Feel free to discuss with your provider any changes in mood or behavior at any point in the pregnancy

7. Vaccinations

- a. We recommend you get the following vaccines during pregnancy
 - i. Flu vaccine- during the flu season
 - ii. Tdap vaccine- best to get between 27-36 weeks of pregnancy
- b. Please see your PCP to receive both these vaccines

Frequency of Office Visits:

After the intake, we generally see patients every 4 weeks in the 1st & 2nd trimesters and then every 2 weeks until the last month at which point we see you weekly. Visits: 12,16,20,24,28,30,32,34,36,37,38,39,40

Please sign up for our patient portal to view your results.

FollowMyHealth Patient Portal

Start taking a more active role in managing your health and wellness by joining the portal.

- Sign up one time to start using the free **FollowMyHealth Patient Portal**
- You may sign in anytime to view your health information, test results, renew your medications and pay your bills online.

For more information, please ask the receptionist or call the office at 617-479-6636 Option #1

At each appointment, all previous results will be reviewed and at any time you may call our Nursing department to review at 617-479-6636 Option #5