

Obstetrical Testing

Your new pregnancy is a major change in your life, and we would like to assist you in remaining healthy during your pregnancy and providing optimum outcome for you and your baby.

At your first OB visit you will have a vaginal ultrasound, if you are less than 12 weeks pregnant, to determine the exact due date and the number of viable embryos. This first ultrasound together with your menstrual history, will provide a due date that we will use to time all other tests during the course of your pregnancy.

At your first OB visit you have a visit to the lab for a urinalysis and blood test to measure the prenatal labs which could affect the outcome of your pregnancy. You will be tested for blood type, anemia, hepatitis, and rubella. You will also be tested for other general medical conditions such as diabetes or thyroid disease, if your personal health suggests that those be tested. Additional testing for abnormal PAP smears, STD's and Cystic Fibrosis will be available on an individual basis. At your regular OB visits you will be asked to bring in a urine specimen. Preferably your first catch of the day to each visit until you deliver.

At your second visit, if you are less than 14 weeks, we will do a second abdominal ultrasound at no charge to confirm the viability of the pregnancy, and allow you to see the heartbeat again. Sometimes it's difficult to hear the heartbeat with a Doppler while early in pregnancy.

We will send you to Maternal Fetal Medicine office where you typically have 2 scans. The first scan is done at approximately 12-13- weeks and is called a nuchal translucency test. This scan is associated with a finger stick blood test. During the scan a naturally occurring fluid filled pocket at the nape of the embryo's neck will be measured, this pocket is enlarged in the event of Downs Syndrome or other chromosomal problems. We will measure the pocket and hopefully reassure you that your baby does not show any signs of Downs syndrome. They will not be able to determine the gender at this visit. However, at a second visit to Maternal Fetal Medicine office, approximately 8 weeks later, you will have a test called a fetal anatomy survey, during which time the scan will look carefully at all the fetal anatomy and generally the sex can be determined if you would like. Further ultrasound testing is generally not performed unless there are new indications for such testing.

As your pregnancy progresses you will be further tested for gestational diabetes and anemia, and again tested for any specific underlying medical conditions you may have. The physiologic stress of pregnancy can forecast medical conditions that you ultimately be faced with as an adult, such as diabetes or hypertension. It provides an excellent opportunity to adjust your lifestyle to reduce the likelihood of such chronic conditions.