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Our group is comprised of five OB/GYN physicians, three midwives and four nurse practitioners. For patients who chose physician care only, we encourage you to see all of the doctors during your pregnancy since the physicians rotate on-call coverage at the hospital. Our nurse practitioners and midwives may see you occasionally for a routine obstetrical or problem visit. Our midwife patients will be scheduled to see our midwives and also with our physicians as needed. The doctor or midwife who is on-call during your labor will deliver your baby.

**Your first prenatal visit** will involve a complete review of your medical, social and family history, and a comprehensive medical exam. We will also perform a dating ultrasound. You should allow extra time for this appointment. Your routine visits will be shorter and include a weight and blood pressure check, urinalysis, fetal heart check and a review of any questions you have.

At your first visit lab testing will include a complete blood count, blood type, syphilis, HIV, pap smear, Rubella immunity status, Hepatitis B., Gonorrhea, and Chlamydia testing. Cystic Fibrosis and Spinal Muscular carrier testing will be offered. NIPT testing may be offered as well. **Please be aware that your insurance may not cover these lab tests. It is possible that you may receive a bill from LabCorp. We suggest contacting your insurance company to find out if this service is covered prior to having the screening done.**

**At 10-13 weeks**, nuchal translucency test will be offered. This involves a blood test and ultrasound at the Prenatal Diagnostic Center in Charlottesville. This test helps identify babies at risk in the first trimester for Down's syndrome and other genetic abnormalities. If you decline this, we will discuss other types of testing with you.

**At 20-22 weeks** we will perform an ultrasound at our office to assess your baby's anatomy. This appointment can be a longer appointment so please plan accordingly.

**At 24-28 weeks** a repeat blood count and diabetes screening will be done. This diabetes test involves drinking a sugar solution with a blood sugar check one hour later. If blood sugar is evaluated, a 3-hour Glucose Tolerance Test will be performed. Pregnancy is a condition that can predispose you to diabetes; therefore, everyone is screened, even those with no family history of diabetes.

**At 30 and 36 weeks** we will offer growth ultrasounds.

**At your 35 week** visit a Beta Strep Screen will be performed. Also, we will review parameters for which you should call the doctor, and we will answer any questions you may have regarding the labor and delivery experience. Office visits will be on a weekly basis from this point and may include a cervical check or internal exam. We will offer you a Tdap vaccine during the third trimester, which is very important to protect your baby from whooping cough. A flu shot is also advised during flu season.

We emphasize avoiding tobacco, alcohol and drugs while you are pregnant, but encourage you to be honest with us about the use when necessary. Caffeine and artificial sweeteners may be consumed in moderation (one or two servings per day).

If you have questions or problems during regular office hours, please call the office and ask to speak to one of our OB nurses. Please hold all questions and concerns that do not need immediate attention until office hours. We hope this information has been helpful and look forward to having you in our practice.