

## **Welcome to Aurora Women's Health**

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Our physicians are Board Certified in Obstetrics and Gynecology.  
Our physicians are members of The American College of Obstetrics and Gynecology.

We are committed to providing exceptional obstetrical and gynecological care, in a comprehensive setting to women throughout their lifetime.

You can reach us via:

Phone: 410-581-9200

Fax: 410-581-9203

Our patient portal (for existing patients) - not for any urgent or emergent concerns

### **PRENATAL CARE**

We deliver obstetrical care, including high-risk obstetrical care to our patients in our office. When indicated, we consult with the Maternal Fetal physicians at Sinai Hospital. We deliver our patients at Sinai Hospital.

A good source of information for pregnancy:

<http://www.acog.org/Resources-And-Publications/Patient-Education-FAQs-List>

What to Expect When You're Expecting

Pregnancy for Dummies

<http://www.acog.org/Patients/ACOG-Pregnancy-Book>

If you have any non-urgent problems, questions, or when in doubt, please call us or send a message via our Patient Portal.

### **Outline of Obstetrical Care:**

Upon confirmation of your pregnancy, we establish your "due date" (EDC). This begins your prenatal care, encompassing the 1st, 2nd, and 3rd trimesters of pregnancy. The EDC of a "full term" pregnancy is 40 weeks from the first day of your last menstrual period ("LMP").

During your pregnancy, we ask that you schedule at least one appointment with each of our OB-GYN physicians. We each cover Labor & Delivery one day during the week, and we share night and weekend call.

### **1st trimester**

When you first begin your pregnancy care you will have an ultrasound to establish your EDC, your “Due Date”. Once you have a confirmed due date it will not change. Your confirmation of pregnancy visit will include a thorough review of your health history. Please be sure to inform us of any history of “pre-eclampsia” or hypertension in pregnancy for yourself or women in your family. There is a daily medication to take for this history that will help decrease your risk during the current pregnancy. Please inform us as well of any recent or planned travel out of the country.

There are routine laboratory tests, including Blood type, Complete Blood count, tests and cultures for sexually transmitted diseases. We also recommend checking for carrier status for and screening tests for inherited diseases such as cystic fibrosis, sickle cell disease, spinal muscular atrophy, and Tay Sachs based on your heritage (See below for “ECS” for expanded screening). These labs will be ordered after your office visit, starting obstetrical care. When indicated, other tests are requested.

### **Non-Invasive Prenatal Testing (“NIPT”):**

All patients are offered and encouraged to have prenatal screening tests.

NIPT is a non-invasive prenatal screen via bloodwork that can be drawn during or after the 10th week of pregnancy. NIPT allows you to know more about the risks for your baby to have certain chromosomal abnormalities (not all!) such as Down Syndrome, Trisomy 13, and Trisomy 18. Each of these conditions involve extra copies of chromosomes, causing genetic disorders. If your NIPT indicates an increased risk, you may use this information to weigh the risks & benefits of an invasive procedure. Referrals to the Maternal Fetal Institute at Sinai Hospital are offered when invasive procedures such as CVS or amniocentesis are indicated.

The bloodwork can reveal the sex of your baby as well. If you do not wish to know this, we can omit this information from your report.

In addition to NIPT, we encourage patients to have an EARLY ANATOMY sonogram (US) between 12 to 14 weeks.

<https://nxgenmdx.com/genetic-screening/panels-and-screens/nxgen-informed-prenatal-test-nipt/>  
<https://www.labcorp.com/help/patient-test-info/cell-free-fetal-dna>  
<https://www.questdiagnostics.com/home/patients/health-test-info/womens-health/prenatal/during-pregnancy/noninvasive/>

**“ECS”:**

There are now several types of commercially available **expanded carrier screening** panels available for all patients. These commercial kits test you (and your partner if interested, or indicated) for a wide range of Genetic carrier states, including SMA (Spinal Muscular Atrophy). There may be an out of pocket expense for such testing. A positive result may lead to further diagnostic testing, including prenatal diagnostic testing, and preimplantation genetic testing for future pregnancies. Genetic counseling is advised for any positive result. The genetic counseling is offered by the labs that run the tests. There are occasions that we will advise Genetic counseling with the team at Sinai Hospital as well.

<http://www.acog.org/CarrierScreening>

<https://nxgenmdx.com/genetic-screening/panels-and-screens/nxgen-universal-panel/>

<https://www.counsyl.com/services/family-prep-screen>

<http://progenity.com/pan-ethnic-carrier-screening>

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**Influenza vaccines** are advised if you are pregnant during flu season. The vaccine is safe during pregnancy. Pregnant women are at higher risk for complications from the flu than non-pregnant women.

We typically see you every 4 weeks for appointments.

**2nd Trimester:**

Early anatomy sonogram/ultrasound (US) is obtained between 12- 14 weeks.

If you have not had bloodwork done yet, including the optional ECS and/or NIPT, please get it done now!

Detailed fetal anatomy ultrasound (US) is obtained at 19 - 20 weeks. These can be done in our office, or, when indicated, with Maternal-Fetal medicine @ Sinai Hospital. (For those of you who prefer to determine whether you are having a boy or girl prior to the anatomy US, we offer a “Reveal US” between 15 - 17 weeks. This is not medically indicated or covered by your insurance. There is a fee).

For patients who have conceived via IVF, or those with a family history of a cardiac abnormality, a Fetal Echocardiogram will be ordered for 22 -24 weeks of gestation.

Laboratory tests to check for Gestational Diabetes (“Sugar test”), anemia, low platelets, HIV, and Hepatitis B are performed between 24 - 28 weeks gestation.

If your blood type is “Rh negative”, you will need a Rhogam injection, given @ approximately 28 weeks. We order the Rhogam for you. You will be contacted by a “Specialty Pharmacy” earlier in your pregnancy. (Please confirm your insurance information when the pharmacy contacts you). The “Sugar test”, must be done prior to the Rhogam injection.

>>>amended 5/21/20 - birthbootcamp added; Update Sinai info [ ]

Time to register for Prenatal Classes/Tour of The Birthplace @ Sinai (23-26 weeks). These cover a wide range of topics, including what to expect in labor, options for pain management in labor, breastfeeding, and newborn education/use of carseats for infants. These are offered at Sinai Hospital. (Go to [Lifebridgehealth.org](http://Lifebridgehealth.org). click on Medical Services, then click on Women’s Services.) This is also the site to complete your pre admission reservation. The Prenatal Classes are currently online. Another option for online classes is <https://birthbootcamp.com>. Our frontdesk staff has information for “non-online” classes.

The TDAP (Tetanus, Diphtheria, Pertussis) vaccine is advised for all pregnant women, with every pregnancy. Passive immunity passed from you to the fetus protects against newborn pertussis (“Whooping cough”). Best time to get this vaccine is 28 - 34 weeks.

From 28 weeks on, we see you every 2 weeks.

Fetal movement monitoring, signs/symptoms of preterm labor discussed.

Time to start thinking about whether or not you want circumcision (if you are having a boy). It is also time to think about contraception after your delivery!

Some couples have an interest in umbilical cord blood banking. Umbilical cord blood collection is not part of routine obstetric care, and is not medically indicated. Directed cord blood banking is available via private and public cord blood banks for any pregnant patient who has a family member with a disease potentially treatable by hematopoietic stem cell transplant. Please let us know if this is something you are interested in. We charge a fee for the collection of the umbilical cord blood sample. The various companies charge a storage fee.

### **3rd Trimester:**

Pick a pediatrician for your baby: we have a list of excellent providers in the area.

Prescription for Breast Pump (@ 35 - 37 weeks).

Please hand in any forms for FAMILY MEDICAL LEAVE/DISABILITY!

At 36 weeks, we obtain a culture for Group B strep. This is a vaginal/rectal culture. If you are a carrier, you will need antibiotics (Penicillin) while in labor. If you have a Penicillin allergy, we test for sensitivities to other antibiotics.

At 36 weeks, we repeat an Ultrasound to check on your baby's size, position, amount of amniotic fluid, and placental location.

We see you for office appointments every week from 36 weeks until you deliver your baby.  
Time to discuss contraception options for after your delivery.  
Signs of labor reviewed.

Always call us if you have any questions or concerns!

### **Healthy Lifestyle:**

Get your rest!

A healthy, balanced diet with adequate protein intake is beneficial.

Maintain excellent dental health with routine dental appointments.

If you are of average weight prior to pregnancy, you should gain 25 - 35 pounds during pregnancy.

Avoid hot dogs, cold cuts, unpasteurized dairy products, raw or undercooked seafood, meat or eggs.

Maintain adequate hydration: water is best. Avoid excessive soda, fruit juices.

Limit caffeine to less than 200mg (1 - 12 oz cup of coffee).

Avoid alcohol, tobacco, marijuana, and other illegal/recreational drugs.

Avoid saunas/hot tubs.

We advise against travelling further than approx. 1 hour away during the last 4 weeks of pregnancy.

Let us know if you will be traveling long distances, overseas, or to any areas with Zika virus.

**\*\*IT IS BEST FOR BOTH YOU AND YOUR PARTNER TO AVOID TRAVEL TO ANY AREA WITH RISK OF ZIKA EXPOSURE !!\*\***

<http://www.acog.org/Patients/FAQs/Nutrition-During-Pregnancy>

<http://www.choosemyplate.gov>

<http://www.acog.org/Patients/FAQs/Tobacco-Alcohol-Drugs-and-Pregnancy>

Exercise is safe, and healthy for most women during pregnancy. The Centers for Disease Control advise that pregnant women get at least 150 minutes of moderate intensity aerobic activity every week. Drink plenty of water, do not exercise to exhaustion, wear a sports bra to provide proper support for your breasts, avoid becoming overheated, especially in 1st trimester, do not lie flat on your back for too long.

There are certain conditions and/or complications of pregnancy where exercise should be avoided: cervical insufficiency, preeclampsia, certain heart or lung diseases, placenta previa after 26 weeks are a few.

<http://www.acog.org/Patients/FAQs/Exercise-During-Pregnancy>

Sexual activity is safe for most women during pregnancy as well. Please report anything unusual such as pain, or bleeding during or after sex while pregnant.

### **ZIKA VIRUS:**

Please avoid travel to any area listed on the CDC's (Center for Disease Control) list for Zika exposure. Please inform us if you or your partner have been to any of the areas listed, or will be going to these areas.

There are risks to your fetus if you are pregnant and get infected (via mosquito bites, or from sexual activity with an infected partner). Symptoms of Zika virus infection are FEVER, RASH, JOINT PAIN, or RED EYES.

<https://www.cdc.gov/zika>

<http://www.acog.org/Patients/Patient-Education-Videos/Zika-Virus-and-Pregnancy>

### **Medication use and Pregnancy:**

Please let us know of any medications, vitamins, herbs, or supplements you are taking, or will be taking.

In general, Tylenol/Acetaminophen, Benadryl, Robitussin (plain) cough syrup are okay to use if needed while pregnant. If your symptoms do not improve after a few days, please let us know. When in doubt, always ask us!

### **FOR YOUR SAFETY:**

\*Always wear your seat-belt correctly while you are in a motor vehicle.

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\*Difficult relationships can cause health problems. Physical and/or emotional problems can affect you or your child. We ask all of our patients the following: Does your partner, or anyone at home, hurt, hit, or verbally threaten you?

If you answered "no", we want you to know that if anything like this ever does come up, this is a safe place to talk about it, and get help.

Please have a plan for a “safe place” to go, should you ever need it.

<http://www.turnaroundinc.org>

<http://www.baltimorecountymd.gov/Agencies/police/community/domesticreferences.html>

<http://www.hruth.org>

<http://chanabaltimore.org>

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\*Depression/Anxiety can cause health problems.

These 2 questions are very sensitive/specific in regard to depression:

1. During the past month, have you often been bothered by feeling down, depressed, or hopeless? 2. During the past month, have you often been bothered by little interest or pleasure in doing things?

Women with a history of depression/anxiety are at higher risk to develop Postpartum Depression, or experience a worsening of depression symptoms.

Please let us know, so we can get you the help you deserve.

Talk therapy is used to treat depression, often in combination with medications. Deciding to take an antidepressant while pregnant or breastfeeding involves weighing these benefits against the potential risks of your baby being exposed to the medication.

<https://www.womenshealth.gov/publications/our-publications/fact-sheet/depression-pregnancy.html>

<https://www.womenshealth.gov/mental-health/illnesses/postpartum-depression.html>

<http://www.acog.org/Patients/FAQs/Postpartum-Depression>

Thank you for choosing Aurora Women’s Health to care for you during your pregnancy!

DJM; 2/1/2020