

NOVA GROUP FOR WOMEN

OBSTETRICS AND PRENATAL CARE

Dear Patients:

Welcome to our practice. We are looking forward to a wonderful pregnancy outcome. Our team of Physicians, Nurse Practitioners, Midwife and staff are delighted to take care of all your needs. We have compiled important information for your review.

APPOINTMENTS

TESTS:

Routine: Tests that are required

Recommended: Tests which we feel are helpful in evaluating you and your baby

Optional: Tests which you may wish to have

We want to take an active role in your pregnancy. We encourage you to call us for any questions regarding your pregnancy and tests. You may reach us at (703) 560-1611.

If you have any questions regarding coverage of these tests by your insurance company, please call your insurance company for up-to-date information.

APPOINTMENTS

First Appointment 6 – 10 weeks from the start of your last menstrual period

Visit every 4 weeks until 32 weeks

Visit every 2 weeks until 36 weeks

Visit every week after 36 weeks

Postpartum visits are scheduled with the physician who delivered your baby at 6 weeks.

All our deliveries are at INOVA Fairfax Hospital.

High Risk pregnancies will be managed in concert with Maternal Fetal Medicine Specialists.

ROUTINE TESTS

1. PRENATAL BLOOD TESTS:

CBC	Blood Count: Determines if additional iron or vitamins are needed.	1st OB visit
VDRL	Required by state law and helps prevent birth defects	
Rubella	Test for German Measles immunity. If not immune, a vaccine is administered after delivery.	
Blood type and Rh	Determines Rh negative mothers, who are candidates for a Rhogam shot at 28 weeks and possibly postpartum. Also, screens for ABO incompatibilities which could be detrimental to the baby.	
Hepatitis Blood Test Screening (Hep. B,C)	Detects carriers of Hepatitis so infant may be given proper care after birth.	
HIV (AIDS)	Detects carriers of HIV antibody. Recommended by State of Virginia.	

2. **Urine culture** Detects presence of bacteria, which could lead to a kidney infection or premature labor, if untreated. **1st OB visit**

3. **One Hour Glucola** Screens for gestational diabetes. If abnormal, a more specific three hour glucose test is performed **24-28 weeks**

- Repeat CBC** Follow up blood count.

4. **Group B Strep Culture** Screens for bacteria that may cause maternal/fetal infection. **36 weeks**

RECOMMENDED TESTS

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| 1. Cystic Fibrosis Screening | Screens for Cystic Fibrosis | 1st OB Visit (Lab) |
| 2. Nuchal Translucency Screening in conjunction w/AFP Blood Test | Screens for Down Syndrome, Trisomy 13 and 18, Open Neural Tube defects, such as Spina Bifida. | 11-14 weeks and 15-17 weeks |
| 3. Ultrasound | Helps confirm due date. Also detects multiple births, some birth defects, and placental position. Follow up ultrasounds will be obtained as needed. | First Trimester 19-20 weeks – Level II |

OPTIONAL TESTS (SEE “Testing For Chromosomal Abnormalities”)

If you are 35 years of age or older, or have a family or personal history of chromosomal abnormality (for example, Down Syndrome), you may wish to have:

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| 1. Noninvasive Maternal Blood Screening For Down Syndrome, Trisomy 13 and 18 | | 10 weeks On |
| 2. Invasive Genetic Testing | Chorionic Villus Sampling
Amniocentesis | 10 – 12 weeks
15-16 weeks |

NOTE: WE DO NOT DO NUCHAL TRANSLUCENCY, CVS OR AMNIOCENTESIS IN OUR OFFICE. PLEASE CHECK WITH YOUR INSURANCE COMPANY TO SEE IF THESE TESTS ARE COVERED OR NEED PRECERTIFICATION.

1. Perinatal Associates
Antenatal Testing Ctr.
3300 Gallows Rd.
Falls Church, VA 22042
(703) 776-6654

2. Genetics & IVF Institute
3020 Javier Rd.
Fairfax, VA 22031
(703) 698-7355

3. Greater Washington
Maternal Fetal Medicine
and Genetics
3025 Hamaker Ct. #330
Fairfax, VA 22031
(571) 730-4587