

# *Comprehensive Care Center*

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## **PREGNANCY GUIDLINES**

### **Schedule of appointments:**

- Beginning to 28 weeks: every 4 weeks
- 28 weeks to 36 weeks: every 2 weeks
- 36 weeks to 40 weeks: once weekly

### **Appointments:**

1. **Pregnancy confirmation:** At this visit, we confirm your pregnancy with a urine pregnancy test and bloodwork. We also discuss several important things you need to know before your next appointment. You may get a prescription for a pelvic ultrasound to make sure you have a viable pregnancy that is inside the uterus. Once this is confirmed, you will return for your next appointment called the IPG, or initial pregnancy visit.
2. **IPG visit:** This is a comprehensive visit that includes detailed medical and obstetric history, as well as a full physical exam. More bloodwork is drawn and there is a detailed counseling session that reviews many of the DOs and DO NOTs of pregnancy. This visit takes about 1 hour, so please plan accordingly.
3. **OB Visits** After the confirmation and the IPG, the remaining visits are referred to as OB visits and they occur according to the schedule above. IF you are experiencing a problem at any point in your pregnancy, you can schedule additional appointments at any time.

### **Ultrasounds you might be asked to get:**

**Viability and dating:** This prescription might be given at your confirmation visit. This confirms there is a viable pregnancy inside the uterus by checking for a fetal heart beat. It also measures the growing fetus to help us accurately date your pregnancy.

**12 weeks:** this ultrasound is also referred to as the nuchal translucency scan. It is done between 11 weeks and 13 weeks and 6 days. This scan checks for the presence of chromosomal abnormalities such as Down's Syndrome, Trisomy 13 and Trisomy 18.

**20 weeks:** this is your anatomy scan, also known as the Level 2 ultrasound. It checks the major organ systems, anatomical features of the baby, and measurements.

- You May be asked to complete additional ultrasounds on a case by case basis. Some examples of reasons for additional ultrasounds are to monitor the growth of the baby, decreased fetal movements, or if you are of advanced maternal age. We will let you know if these are indicated and you will be given a prescription at that time
- Please check with your insurance company to determine which routine ultrasounds are covered and if prior authorization is required. We are not responsible for bills you incur if you go for an Ultrasound that is not covered under your plan.

### **Bloodwork and other Lab tests that might be ordered during your pregnancy:**

1. **First Visit** -Hcg level, progesterone level, and blood type and screen
2. Complete Blood Count, Hepatitis B, Syphilis, HIV, and screening for genetic carrier status of Cystic Fibrosis, Fragile X, and Spinal Muscular Atrophy.
3. **15-18 weeks:** your AFP is drawn. This is a blood test that checks for neural tube defects such as spina bifida.
4. **24-28 Weeks:** 1 hour glucose tolerance test, 2<sup>nd</sup> trimester HIV, and repeat Complete Blood Count.
5. **35- 37 Weeks:** PT/PTT/INR to check for bleeding risk, 3<sup>rd</sup> trimester HIV, and Group B Strep Swab.
6. If you have a history of thyroid disease, we will recheck your thyroid function every 4 weeks. If your thyroid levels are not balanced, we will send you back to you Primary Care Physician or your endocrinologist for an adjustment in the dosage of your thyroid medication.

### **Additional Information:**

- If your blood type is NEGATIVE, you will need to get a shot called Rhogam from the hospital. This shot prevents sensitization that may occur if your baby's blood mixes with your blood. This is done at 28 weeks for everyone who has a negative blood type, but may be given earlier if you experience trauma or bleeding during your pregnancy.
- 28-36 weeks the mother can receive the tdap vaccine. This should be administered by your Primary Care Physician.
- Flu shots are SAFE and RECOMMENDED at any stage of pregnancy. The injectable form of the vaccine is safe. Do not take the nasal spray vaccine.

### **Medications**

- See separate handout for information on common over-the-counter medications that are considered safe in pregnancy

### **Office Information:**

- Phone number: [973-831-2777](tel:973-831-2777) – you can reach the staff during normal business hours which is generally from 9 am to 5 pm. If the phone call goes to voicemail, you can leave a message with your name, phone number, and date of birth, and we will get back to you as soon as possible.

- If you have an important matter and need to reach the doctor outside of business hours, you can call the service directly if you are not immediately transferred by the office line. The service number is 973-867-0938. You will need to inform them of the nature of your problem
- If you are experiencing a true medical emergency, call 911 or go directly to the ER
- Fax number: [973-831-2780](tel:973-831-2780)

### **Disability:**

- In most cases, disability begins the day of your delivery. Disability paperwork needs to be obtained from your employer's human resources department and given to our office to fill out. We make every effort to get the paperwork filled out as soon as possible. We will notify you when the paperwork is completed and available for pick up. There is a \$10 charge, payable by cash or check, for completion of these forms.
- If you have a medical condition during your pregnancy that precludes you from working up until your due date, you may be eligible for disability prior to your delivery. This is different than deciding to "take time off for 2 weeks before your due date". If you do not have a medical condition that precludes you from working, this time off is granted by your employer and is not necessarily reimbursable with disability pay.

### **On-Call doctors:**

- Dr. Shah, Dr. Haskel, and Dr. Shafiq will always have coverage by another doctor if they are unavailable. This coverage group includes both male and female physicians. It is very difficult to grant requests for exclusively female covering physicians.
- Dr. Shah, Dr. Haskel, and Dr. Shafiq have privileges at St. Clare's in Denville, Morristown Medical Center, and St. Barnabas Medical Center in Livingston.
  - If you have chosen to deliver at one hospital, but your doctor is on call at a different hospital, you will have 2 options. You can either be delivered by your doctor at the hospital which she is on call at, or you can deliver at your original hospital of choice by a covering physician.
  - Morristown Medical Center and St. Barnabas Medical Center are both teaching hospitals. By choosing to deliver there you are consenting to a resident being involved in your care.
  - St. Clare's does not have residents. If you choose to deliver at St. Clare's because of this reason, but your doctor is on call at a different hospital when you are in labor, you can choose to a) deliver at St. Clare's by a covering physician OR b) switch to be delivered by your doctor at a teaching hospital. In this instance ONLY, you have the right to request that a resident not be involved in your care. It will be your responsibility to make this request known when you arrive at the hospital.