

OFFICE VISITS AND ROUTINE TESTING

Welcome to our obstetrical practice. We are thrilled for you and will do all we can to make it a happy experience and achieve the best possible outcome for you and your family.

We have a rotating schedule of office hours and hospital coverage, which means that you could be cared for by any one of the physicians at the time of your delivery. For that reason, we ask that you schedule your prenatal appointments so that you can meet each one of us. We rotate weekend call with one other physician, Dr. Teresa Marlino, who is willing to meet with you if desired. Her website is www.drmarlino.com. We do all of our deliveries at Paoli Hospital.

Schedule of Office Visits

For routine obstetrical care, the initial OB visit is usually scheduled at 8 weeks. After that, you will be seen every four weeks until 28 weeks, then every two weeks until 36 weeks and then weekly until delivery. If you need to have more frequent visits, that will be arranged.

At every visit, your weight and blood pressure will be checked. After 12 weeks, we will listen to the baby's heartbeat and check the growth of your uterus externally each time. We will also test your urine for protein and sugar. The first visit involves a complete physical exam including a pelvic exam which will include a pap smear if you are due for one. Testing for Gonorrhea and Chlamydia is also standard. If your appointment is in our Exton office, an ultrasound will also be done. We do not have an ultrasound in our Paoli office.

Beginning at 38 weeks, you will have a pelvic exam weekly to assess cervical dilation. Please try to schedule your appointments well in advance to ensure yourself the time most convenient for you. Please notify us as soon as possible if you are unable to keep an appointment or if you are running late, so that another patient may be accommodated. Please forgive us if an emergency arises requiring us to reschedule your appointment. This is much more likely to happen in our Paoli office where the physician seeing patients may also be covering the hospital.

Laboratory Tests

Please plan on having your first set of lab work done immediately following your first visit here. It may take up to two hours to get everything completed. The routine prenatal testing includes a blood type, antibody screen, rubella screen, complete blood count, screening for syphilis and hepatitis B, urinalysis and urine culture.

Optional testing includes screening for HIV, cystic fibrosis carrier status, spinal muscular atrophy (SMA) as well as testing for several chromosome abnormalities. For information about some of the tests that are available, please refer to [Optional Genetic Tests](#) and come prepared to discuss these tests with us at your first visit.

A screening test for gestational diabetes and a repeat blood count will be done between 26 and 28 weeks. If you have an Rh- blood type, an antibody screen will also be repeated, and Rhogam will be given. Between 35 and 37 weeks, a culture of the external vaginal and rectal areas for Group B strep (aka Beta strep) will be obtained. This does not require a speculum exam and is completely painless.

Ultrasound

We will do an ultrasound for the purpose of confirming your due date and checking the embryonic heart beat at your first visit (at Exton only). It has become standard to offer an U/S with the perinatologist between 11 and 13 weeks to measure the thickness of the baby's neck fold (nuchal translucency). In addition, a detailed ultrasound at 20 weeks at the perinatal testing center will be ordered. This ultrasound will check the baby's growth and will include an "anatomic survey" to check for any organ developmental problems. If you would like to know the baby's gender, it can usually be determined during that ultrasound. There are no other routine ultrasounds.

Stem Cell Cord Blood Collection

We are happy to collect cord blood for you at the time of delivery, for storage with the private company of your choice. You must arrange this in advance and bring the collection kit with you when you come to the hospital in labor. There is a \$50 charge that will not be paid by your insurance, or by the cord blood company. We ask that you remit the payment for this no later than at your 36 week visit.

Phone Calls

For urgent or emergent problems, call our office anytime and your call will be returned as soon as possible by one of the nurses or, after hours, by the on-call physician. If this requires paging the on-call M.D. through the answering service, and you do not get a call back within 15 minutes you should assume that their text message did not go through and call the service again. If you do not receive a response, or if for some reason the answering service does not pick up your call, you may contact the Paoli Maternity Unit at 484-565-1034 and they will contact the physician. For routine questions, your call may not be answered until the physician working in the office is finished with office hours. We encourage you to write down and bring in your questions to your prenatal visits so that all of your concerns may be addressed.

Carol Coldren, M.D., Sara Wheeler, Deborah Bieter-Schultz, D.O.,
Wendy Ronco, C.R.N.P., Sara Collins, C.R.N.P.

Please Note

We strongly recommend that you become familiar with your insurance coverage. We cannot take responsibility for knowing which lab and radiology facilities are covered by your plan, though we will do our best to advise you. We cannot guarantee that your plan will pay for optional testing, but most plans do cover them. Any questions regarding bills for lab and radiology studies should be directed to the facility where the test was performed.

Your insurance card will be needed at your first visit so that we may precertify your admission to the hospital for delivery. You will automatically be registered at Paoli Hospital by our office.