I. Taking Good Care

As you head down the “pregnancy path,” we’re with you every step of the way – offering education and care that helps you plan, prepare and make the best choices for your growing family.

FREE MONROE CLINIC CLASSES

Classes are a great way to prepare yourself and your family for childbirth. Plus you’ll have a chance to meet other expectant moms as eager for knowledge and support as you are.

Register for the following classes online at monroeclinic.org or by calling 608-324-1725 or 800-337-0785.

A spouse, partner, friend or family member is welcome to attend classes with you.

- **Childbirth Preparation.** An enlightening and realistic look at pregnancy, childbirth and parenting taught by childbirth educators. This class helps parents prepare for and make informed decisions during the journey ahead.

- **Breastfeeding Classes.** Strategies for a successful start, plus facts about the physical and emotional impact of breastfeeding on moms and babies. Monroe Clinic lactation educators also address “working mother” concerns like breast pumping and milk storage.

- **Big Brothers and Sisters.** Welcoming a new sibling isn’t always easy on big brothers or sisters. Teach children age 3 and older how to be part of the fun by helping out and practicing safe care and handling techniques.

- **Lifesaver Baby Class.** Emergency training for caretakers, relatives, siblings, babysitters and daycare workers. This program shows participants what to do in emergency situations, including resuscitation techniques for infants less than one year of age.
First Trimester

- **Urine test.** A routine test throughout your pregnancy to check for signs of infection, diabetes, dehydration and other potential complications. Notify a nurse if you are experiencing painful and/or frequent urination. These could be signs of a urinary tract infection.

- **Blood count.** This test may be repeated occasionally throughout your pregnancy to monitor blood cell counts and check for anemia. If your blood count is low, your provider may want you to take an iron supplement.

- **Rubella (German measles) immunity.** This test shows if you are immune to rubella. If not, you should be immunized following delivery and should not get pregnant again for three months after your rubella shot.

- **Toxoplasmosis titer.** This optional test is for patients concerned about exposure to an organism found in raw meat or passed on from the feces of small animals, including cats.

- **Blood type and Rh factor.** This test will help determine if your blood type is Rh negative. If so, and your baby’s blood type is Rh positive, the antibodies already in your blood could attack your baby’s red blood cells, leading to anemia, jaundice or more serious problems. If needed, you’ll receive a RhoGAM injection (Rh immune globulin) to help prevent these health problems.

- **STD screening.** This routine test checks for various sexually transmitted diseases.

- **Hepatitis B test.** This test shows if you have been exposed to or are a carrier of Hepatitis B.

- **HIV test.** This test shows if you have been infected with the human immunodeficiency virus.

Second Trimester

- **One-hour glucola.** This screening test checks for gestational diabetes at 28 weeks, as pregnancy occasionally causes an imbalance between your body’s sugar and insulin supplies.

- **Ultrasound.** This technology uses high-frequency sound waves to evaluate the placenta, the amniotic fluid and the gestational age, growth and anatomy of your baby. A routine ultrasound is usually offered around week 20 and may be recommended at other times for various reasons. A vaginal ultrasound requires no preparation and is usually performed up until the 14th week of pregnancy. An abdominal ultrasound requires a full bladder and is performed from 14 weeks through full-term pregnancy.

- **Cystic fibrosis carrier screen.** This genetic test is for parents concerned about passing a cystic fibrosis gene on to their child. If one parent’s test is positive, the other parent will need a screening test to best determine their child’s risk.

- **First trimester combined screening.** This optional test is offered between 12 and 14 weeks of pregnancy. It consists of an ultrasound and finger-stick blood test that checks for possible chromosomal abnormalities and the need for further testing.

- **Private well water testing.** Families with well water (not city water) should have their water tested for nitrates, lead and bacteria. Sampling kits are available through Monroe Clinic’s laboratory. Testing is also offered through your county health department.
**Kick counts.** To monitor your baby’s activity, you can do “kick counts” at home by following these tips:

- Plan to do kick counts when you know the baby is usually active.
- Get comfortable in a recliner on the sofa or in bed.
- Note the time you start the kick counts using a clock/watch, pencil and paper.
- Lie on your side for the counting period.
- Place your hands on your abdomen over the baby.
- Count each time the baby moves, including kicks, rolls, punches, turns and stretches. Do not count hiccups or movements the baby makes as you push against him or her.
- When you have counted eight movements, note the time and how long it took.
- Your baby is showing good activity if there are eight movements in two hours.
- If your baby does not move eight times in two hours, call your healthcare provider as soon as possible to discuss.

**Biophysical profile (BPP).** This evaluates your baby’s wellness by using ultrasound to evaluate movement, breathing, muscle tone and the amount of amniotic fluid present.

**Non-stress test.** This test is done with a monitor placed on your abdomen to help detect and evaluate your baby’s heart rate and movements. It’s also used to monitor uterine contractions lasting a minimum of 20 minutes.

**Maternal Serum Alpha-Fetoprotein (MSAFP).** This blood test is performed to screen for open neural tube defects, such as Spina Bifida.

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**THIRD TRIMESTER**

**Group B streptococcus culture.** A cervical culture is obtained around 35 weeks to check for group B streptococci (strep B). If strep B is present, you will be given an antibiotic when you are in labor so your newborn won’t get infected.

**Multidrug-resistant organisms (MRSA).** If you have tested positive for MRSA in the past, a culture (nasal or open wound) must be obtained a month prior to delivery. If you are infected with MRSA, special precautions will be taken when you come to the hospital birthing unit.

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**SKILLED PROVIDERS FOR YOU AND BABY**

**Physician coverage for delivery.** Our team of skilled obstetricians take turns being on call, so we encourage you to see all our physicians for your prenatal care. You can view all of our obstetricians profiles at monroeclinic.org or on the brochures located in the clinic waiting rooms.

**Selecting your child’s healthcare provider.** To choose your child’s primary care provider, you can browse our pediatric or family practice profiles at monroeclinic.org or ask for information in our pediatric or family practice departments. Before your baby is born, we invite you to schedule a checkup consultation with a provider to discuss newborn care, immunizations, circumcision and any other questions you may have.

We recommend preventive health examinations for your baby that may include routine immunizations and screenings at the following ages of infancy:

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