

## ✓ Prenatal Check list

Congratulations on your new pregnancy!

Below is a checklist of important things that your doctor will be recommending during your pregnancy.

Some of these tests may be done outside of our office and may require you to arrange on your own during certain weeks of your pregnancy. Your doctor will review these tests and dates during your first visit and during future visits as they apply.

Your due date (or EDC) is \_\_\_\_\_

### ***First Trimester- up to 12 weeks:***

#### ***Prenatal lab tests:***

The nurse will provide you with a lab slip for either Quest or North Shore Core labs. Please go to the designated lab center to have the prenatal lab tests drawn. This should be done before the 12 week visit. These tests include your blood type, screening for genetic tests to see if you are a carrier for cystic fibrosis, spinal muscular atrophy and fragile X syndrome. Also included is screening for hepatitis B, syphilis, HIV and toxoplasmosis and antibodies for chicken pox, herpes, Rubella and Fifth's disease.

#### ***Ultrascreen test: to be performed between*** \_\_\_\_\_

Please call North Shore Hospital, department of Maternal Fetal Medicine, at (516)562-4458 to arrange this test, optimally done between 11 weeks to 13 weeks of pregnancy, but before 13 weeks 6 days. Timing is important for this test which combines a sonogram to measure the nuchal area (neck fold) of the fetus and a maternal blood test to screen your pregnancy for Down's Syndrome, Trisomy 13 and 18 and includes other important markers to provide insight to potentially high risk pregnancies. These results will be forwarded to our office. If these results are abnormal you will be counseled to have a NIPT blood test and/or a CVS or amniocentesis.

#### ***NIPT (non invasive prenatal testing, common labs used are Verifi or MaterniT21, Panorama, Harmony, etc)***

If you are >35 years of age at the time of your expected due date or considered high risk for a trisomy, you will be referred for this additional blood test to be performed after 11 weeks. You may have this drawn in our office or be referred to the department of Genetics at Northwell Hospital (516)365-3996. This is a simple blood test that analyzes fetal placental fragments in your blood stream to determine abnormalities of chromosome 21 (down's), 13 and 18, as well as, the gender chromosomes X and Y. This can be done as early as 11 weeks. If an abnormality is detected you will be counseled about invasive prenatal tests, e.g. an Amniocentesis, performed around 16 weeks of pregnancy by one of our doctors to confirm the abnormal result.

You may request NIPT testing even if you are not considered high risk but please be aware that cell-free DNA is considered a screening test and has limitations. A negative or normal result does not rule out the possibility of having a baby with a chromosomal disorders that the NIPT does not test for. If you have a Positive or abnormal result suggesting a chromosomal disorder additional invasive testing will be recommended e.g. CVS or Amniocentesis.

<http://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-On-Genetics/Cell-Free-DNA-Screening-for-Fetal-Aneuploidy>

### ***Second Trimester – 12 to 28 weeks***

***AFP Sequential Screen***, to be done around 16 weeks. In our office, blood will be drawn and sent to the NTD lab to determine risk, for Chromosome 21, 13 and 18 abnormalities, as well as, risk for spina bifida. If abnormal, you will be contacted by your doctor for additional tests, in about 1 week.

#### ***Anatomy Obstetrical Sonogram (level 2 sonogram)***

Please call (516)562-4458 to arrange for an 18-20 week sonogram to be performed at the department of Maternal Fetal Medicine at North Shore Hospital if you have not already done so.

***Glucose 1 hour test (24 weeks) and CBC (complete blood count)***

After 24 weeks of pregnancy you will be referred to your designated lab center to sit for a 1 hour glucose challenge blood test. This should be done soon after you complete 24 weeks of pregnancy. Expect to go to the lab on an empty stomach (nothing to eat 4 hours prior). You will be given a 50 gram glucose drink. In 1 hour, your blood will be drawn.

***Third Trimester (28-40 weeks)***

***Rhogam ( only if you are blood type A neg, B neg, AB NEG or O neg)***

Will be administered in our office between 28-32 weeks of pregnancy. You will be informed if Rhogam is indicated.

***Lamaze***

If you are a first time mother you may wish to arrange to attend a lamaze class. We are fortunate to have experienced labor and delivery nurses use our office on the weekends for these classes or you can arrange privately on your own.

***GBS culture (group B Strep)***

Will be collected by a vaginal swab at your 36 weeks visit by the doctor.

***Vaccine information and additional resources:***

- ⤴ [www.vaccinateyourbaby.org](http://www.vaccinateyourbaby.org)
- ⤴ [www.acog.org](http://www.acog.org)
- ⤴ [www.immunizationforwomen.org/immunization\\_facts/vaccine-preventable\\_diseases/pertussis](http://www.immunizationforwomen.org/immunization_facts/vaccine-preventable_diseases/pertussis)

***Flu vaccine*** is recommended for all pregnant women and may be given at any point in your pregnancy during the influenza season.

***Tdap vaccine*** is recommended to be kept up to date for pregnant women. In order to offer your unborn baby partial immunity to specifically pertussis (whooping cough), the vaccine is recommended in the *third trimester between 27 to 36 weeks* with each pregnancy. If not given during pregnancy, you will be offered the Tdap vaccine in the hospital after you deliver.

***Other important things to think about in the last trimester is deciding on a pediatrician and baby names!***

*Of course additional testing may be necessary for some pregnancies and will be recommended as needed.*

*We hope this provides an easy checklist to have during your pregnancy so that we may work together to ensure these tests are done on a timely basis.*

*Looking forward to the next 9 months with you!*

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