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Congratulations on your pregnancy! We are very pleased that you have chosen Cheaha Women's Health and Wellness to offer professional care to you and your baby. We strive to ensure your pregnancy and birth experience is everything you hope it will be and more.

Our maternity packet is designed to provide you with important information about your pregnancy and postpartum experience here at Cheaha Women's Health and Wellness. Please take a moment to read through this summary and refer to your maternity packet from time to time to help answer some of the questions you may have.

Prenatal Care Plan

The following outline may be different depending on your individual needs. We provide this, however, to give you a general idea of what to expect.

- You will be **scheduled** to see your provider as follows:
 - 1st visit through week 30: Every 4 weeks
 - Attend a prenatal class during this time.
 - Research and consider choosing a doula if you are interested.
 - Weeks 30-36: Bi-weekly
 - Attend Dr. Johannson's breastfeeding class.
 - Attend a childbirth class during this time.
 - We have RMC registration forms. Complete and return forms to us as soon as possible.
 - Weeks 36-delivery: Weekly
 - Discuss your birth plan with your provider.
 - If you would like us to order a breast pump, let us know which Durable Medical Equipment company you will be using if your insurance company has a preferred provider. Your breast pump will be ordered after delivery.
- You can expect to get an **ultrasound** as follows:
 - US to establish due date: on or around your first or second prenatal visit
 - Anatomy US: on or around 20 weeks gestation

Elective scan packages: Gender reveal ultrasounds and 4D ultrasounds are available at an additional cost. You can find more information about our elective scans in this packet.

- You can expect to have **OB labs** performed as follows:
 - Labs drawn on or around your first or second prenatal visit
 - Labs drawn between weeks 24-28 (includes GTT which requires fasting)
 - Group B Strep swab performed between weeks 35-37

Please talk with our staff if you have questions about particular labs performed.

*Plan subject to change per individual patient needs and insurance allowance/protocol.

Post-Partum Care Plan

- We will customarily schedule you for a **one week post-partum/ breastfeeding visit** with one of our International Board Certified Lactation Consultants.
- If you choose to have Dr. Johansson **circumcise** your child in the clinic, you can schedule the procedure on the same day as your one week post-partum visit. You may also choose to have Dr. Johansson perform the circumcision in the hospital after delivery.
- Unless you are having problems or concerns that require earlier or more frequent visits, we will also schedule you for a **six week post-partum exam**.
- If you have breastfeeding concerns, please do not hesitate to contact our office. We want you and your baby to have a successful breastfeeding experience and will schedule you with our lactation consultants as needed.

Important Information about Maternity Payments

- You can expect a maternity cost estimate around your 2nd or 3rd prenatal visit.
- We require complete payment for your maternity care by 30 weeks gestation.
- Please be aware that ultrasound and labs are billed separately from your global maternity plan.
- If you do not have insurance, our office manager will work with you to create a plan that best fits your needs.

Again, thank you for choosing us as your maternity provider. We look forward to serving you during this amazing journey.

Cheaha Women's Health and Wellness