



## Guide to Pregnancy, Labor and Delivery Care at Ochsner

# To Our Expectant Parents,



Congratulations! It is such an exciting and wonderful time to be pregnant.

We are thrilled that you have chosen us to care for you and your soon-to-be bundle of joy. There is nothing more precious than a newborn baby. Preparing for that newborn should be just as enjoyable and rewarding. Life's greatest miracle is giving birth. We do everything in our power to ensure it will also be one of the most memorable experiences of your life.

This guide will acquaint you with the Ochsner OB/GYN clinic. Our staff is here for you and your family. If we can do anything to serve you better at any time, please let us know. For specific information or questions, contact your local provider's office by phone or send a message to your care team via MyOchsner.

We look forward to taking care of you and your baby!

Your Ochsner OB/GYN Care Team

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# Our Clinics

## Locations and appointments

Ochsner has OB/GYN clinic locations throughout Louisiana and Mississippi for your convenience.

Our OB/GYN clinic is a multi-physician group that works as a team to provide you with the highest quality care. On your first visit you will be seen by a provider who will confirm your pregnancy and perform an initial assessment. For the rest of your prenatal care, your obstetrician may alternate providing care with other members of the care team. This may include nurse practitioners, midwives, and residents.

Although every pregnancy is different, most of our expectant mothers will see us about once a month until reaching 28-30 weeks. This is followed by visits every 2 weeks until reaching 36 weeks. Then you will have weekly visits until delivery.

In some circumstances your appointments may be more frequent. This may be due to complications, high-risk situations, or simply to address your concerns. Most of your visits will be routine.



### During routine visits we will:

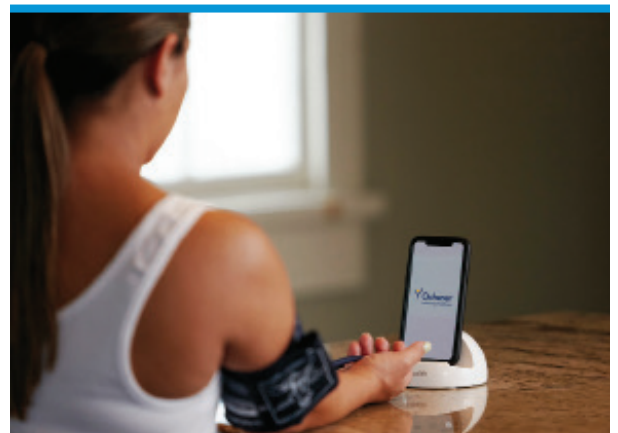
- weigh you
- check your blood pressure
- measure your uterus
- listen to your baby's heartbeat
- ask you questions about how the pregnancy is progressing

## Ochsner's Connected MOM program

We encourage all pregnant patients to take part in our Connected MOM program. This digital program helps expecting patients manage their pregnancy from the comfort of home with fewer clinic visits.

### In person and by phone

Our offices are open Monday through Friday from 8:00 am to 5:00pm for in-person visits and phone calls. You can also send us a message 24 hours a day through the MyOchsner patient portal. During the work week, we do our best to respond to MyOchsner messages within 24 hours. Messages sent on weekends and holidays may not be answered until the next workday.





If you have an emergency or urgent question that needs an immediate response, call the Labor & Delivery unit at your local facility directly.

## Online access

MyOchsner gives you convenient, easy and secure access to your healthcare information online. With MyOchsner, you can easily manage your ongoing medical activities, appointments and communications. You can also view test results from any physicians within our network in one place.



Go to [www.ochsner.org/my-ochsner](http://www.ochsner.org/my-ochsner) for more information or ask to a member of your care team to help you sign up at your next appointment.

## After hours and emergencies

An OB/GYN doctor is on call 24 hours a day, 7 days a week. Call your local clinic number for help Monday – Friday 8:00 am – 5:00 pm.

After hours, on weekends and holidays, call the Labor & Delivery Unit at your local facility.

## When to contact us



### Stay alert to these signs

Call your provider or the nearest Labor and Delivery unit if:

- You are more than 22 weeks and have a severe headache that doesn't get better after taking Tylenol and resting quietly
- You are at least 28 weeks and your baby isn't moving as much as usual and you have tried to feel the baby while resting quietly and having a cold drink. Your baby should move about 10 times in 2 hours
- You are less than 37 weeks and are having signs of labor
- You have been given special instruction by your OB/GYN, Midwife, or Nurse Practitioner to call in certain circumstances

**If it is an emergency, go to the nearest Emergency Department or call 911.**

If you have a problem, question or concern about your pregnancy which you believe needs urgent attention (non-emergency), call your provider's office or send a message through the MyOchsner portal.

We are here to help you. If your questions can wait, write them down for your next regular clinic visit.

## FMLA and disability

Most expectant mothers can continue to work until late in pregnancy. For some women, the physical changes that occur during pregnancy and the demands of a job can create difficulties. Let us know if you have any concerns. We can suggest simple steps to deal with fatigue, morning sickness or aches and pains that can be particularly challenging when at work.

If you experience more serious symptoms, or concerns about potential workplace hazards to you or your baby, let us know. We will evaluate the situation and respond accordingly.

If your doctor decides you should be placed on disability or medical leave, you will need to obtain forms from your employer. Then, talk to your provider's office for next steps in this process. Allow 7-10 business days for us to complete the paperwork and send back to you.

## Financial information

Our goal is to provide and fully explain all financial policies and arrangements. Ochsner accepts most insurance plans. Our administrative office will bill all insurance companies with whom we participate. Pre-registration for maternity and post-partum care and/or Special Additions (SPADD) appointments may be offered at your location. Check with your provider for availability.

You may have the option of meeting with a financial coordinator during the first and third trimesters of your pregnancy. Talk to your provider about this option. If you do not have insurance, you may be eligible for Medicaid for maternity care.

Most insurance plans charge an Obstetrical Package Fee. This usually includes all office visits and physician charges for your delivery. Some plans may require a patient to meet a deductible percentage or dollar amount before covering the cost of maternity care. Hospital care, anesthesia, ultrasounds, pediatric care and lab charges will be billed separately by those providers.



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# Obstetrical Calendar

Below you will find a checklist of what you can typically expect during your provider visits, including specific testing. Your doctor or midwife may require or recommend additional tests.

6-10 Weeks
<ul style="list-style-type: none"><li><input type="checkbox"/> Schedule a vaginal ultrasound around 8 weeks. This ultrasound will be used to date your pregnancy.</li><li><input type="checkbox"/> Discuss prenatal vitamins, folic acid, and low dose aspirin</li><li><input type="checkbox"/> Order lab tests such as CBC, Rh type, Syphilis, Hepatitis B and C, HIV, Rubella titers</li><li><input type="checkbox"/> Complete a pap smear, and test for Gonorrhea and Chlamydia</li><li><input type="checkbox"/> Get medical history and previous OB history</li></ul>
12 Weeks
<ul style="list-style-type: none"><li><input type="checkbox"/> Discuss prenatal laboratory testing</li><li><input type="checkbox"/> Check your weight and blood pressure</li><li><input type="checkbox"/> Listen for fetal heart tones</li><li><input type="checkbox"/> Discuss genetic testing</li></ul>
15-18 Weeks
<ul style="list-style-type: none"><li><input type="checkbox"/> Listen for fetal heart tones and check uterine size</li><li><input type="checkbox"/> Check your weight and blood pressure</li></ul>
24-28 Weeks
<ul style="list-style-type: none"><li><input type="checkbox"/> Listen for fetal heart tones and check uterine size</li><li><input type="checkbox"/> Check your weight and blood pressure</li><li><input type="checkbox"/> Complete a 1-hour glucose test to check for gestational diabetes</li><li><input type="checkbox"/> Check blood count for anemia</li><li><input type="checkbox"/> Sign up for prenatal classes, if desired</li><li><input type="checkbox"/> Choose a pediatrician</li><li><input type="checkbox"/> Pre-register for your delivery</li></ul>



<b>30 Weeks</b>
<input type="checkbox"/> Listen for fetal heart tones and check uterine size <input type="checkbox"/> Check your weight and blood pressure
<b>32-36 Weeks</b>
<input type="checkbox"/> Listen for fetal heart tones and check uterine size <input type="checkbox"/> Lab tests like syphilis, HIV, blood count for anemia <input type="checkbox"/> Check your weight, blood pressure and urine <input type="checkbox"/> Check the baby's position <input type="checkbox"/> Test for Group B strep of the vagina at 36-37 weeks
<b>37 Weeks</b>
<input type="checkbox"/> Listen for fetal heart tones and check uterine size <input type="checkbox"/> Check your weight and blood pressure <input type="checkbox"/> Discuss labor and delivery <input type="checkbox"/> Complete a cervical examination
<b>38 Weeks</b>
<input type="checkbox"/> Listen for fetal heart tones and check uterine size <input type="checkbox"/> Check your weight and blood pressure <input type="checkbox"/> Complete a cervical examination
<b>40 Weeks</b>
<input type="checkbox"/> Listen for fetal heart tones and check uterine size <input type="checkbox"/> Check your weight and blood pressure <input type="checkbox"/> Complete a nonstress test if not delivered by 40 weeks and 4 days <input type="checkbox"/> Complete a cervical examination <input type="checkbox"/> Discuss management plan for your delivery

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## The Perkin Alternative Birthing Center at Ochsner Baptist

This unique facility offers two birthing rooms with comfortable double beds, large birthing tubs, and plenty of space for doulas (birth companions), family members, and guests. Family rooms and a kitchen are available for family and friends to relax and visit during labor and delivery.

Our staff of certified nurse midwives provides a natural, holistic birth experience in a homelike environment. Comprehensive prenatal care and a birthing plan are personally tailored to each patient. Should a mother or baby require additional medical attention, Ochsner's Level IV Regional Neonatal Intensive Care Unit and Labor and Delivery Department are just steps away.



To make an appointment for a tour of The Perkin Alternative Birthing Center, call 504-894-2880.

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## Ultrasounds and Sonograms

A first trimester ultrasound may be performed to visualize your baby's heartbeat and to confirm your due date. We will also offer an ultrasound examination to look at your baby's anatomy at 18-20 weeks.

The purpose of the ultrasound is to screen for major birth defects, determine the position of the placenta, and assess the growth of your baby.

Sonograms are done when medically indicated. This may be to help us determine your due date, to check on the growth of the baby, to assess bleeding, or to survey the baby and placenta.

We only order ultrasounds and sonograms for medical reasons.



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# Labor and Delivery

## How to tell if you are in labor

Look for these changes in your body that may indicate you are in labor.

Labor Signs	What To Do
You have regular contractions every 3-5 minutes, for at least 2 hours. The contractions don't change no matter what you do and may even get stronger when you walk.  Remember to time your contractions from the beginning of one to the beginning of the next one.	If the contractions hurt so much that you have a hard time breathing through them, then come to Labor & Delivery. If the contractions are regular but not strong yet, then you may stay at home where you are more comfortable and continue with normal activities.
You have a 'bloody show.' It may be pink, light red, or brown. It may be just a little when you wipe, or with a lot of mucus.	A bloody show is a normal sign of early labor. It is not necessary to come to the hospital for bloody show. However, heavy bleeding like a period is NOT normal and you need to come in right away.
You think your 'bag of water' may have broken. It could be a large gush of fluid or a constant leak, not just when you wipe.	Come to Labor & Delivery, even if contractions haven't started yet. Notice the color of the fluid.
You are less than 37 weeks gestation and have six or more contractions in an hour.	Contact the office immediately or come to Labor & Delivery.

## Labor, delivery and recovery

By choosing Ochsner for the birth of your baby you are choosing our unique system of integrated services and regional health centers offering comprehensive healthcare for today's family. Ochsner features advanced technology in obstetrics and baby care in a comfortable, caring, and peaceful environment. We have contemporary labor, delivery, and recovery suites that offer everything to welcome your baby into the world.

## Feeding your baby

Ochsner is pleased to be a Gift Designated Hospital and Birth Center. We uphold the International Code of Marketing of Breast Milk Substitutes by offering education and educational materials that promote human milk rather than other infant food and drinks, and by refusing to accept or distribute free or subsidized supplies of breast milk substitutes, nipples, and other feeding devices.

Ochsner encourages breastfeeding. We follow the World Health Organization's Ten Steps to Successful Breastfeeding outlined for all newborns in our care. This means:

- 1 We inform all pregnant women about the benefits and management of breastfeeding. We help all women start breastfeeding within an hour of birth.
- 2 We support mothers who are separated from their babies by teaching them how to express their breast milk.
- 3 We give infants no food or drink other than breast milk, unless medically necessary.
- 4 **We** allow mothers and infants to remain together (rooming-in) 24 hours a day.
- 5 We give no artificial nipples or pacifiers to breastfeeding infants.



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## Maternal Fetal Medicine

Ochsner's maternal fetal medicine (MFM) doctors work with your OB/GYN doctor or midwife to provide you with the best OB care. The MFM team provides care for low-risk and high-risk pregnant women. This care includes genetic counseling and testing, noninvasive and invasive antenatal testing and ultrasonography.

MFM doctors coordinate care among multiple specialties. They may call on the expertise of cardiologists, nephrologists, intensivists and endocrinologists to treat complex medical conditions that may complicate a pregnancy.

### Genetic testing

Genetic testing can often detect common chromosome problems like Down syndrome. It can also identify other genetic conditions such as Cystic fibrosis or Tay-Sachs disease. There are two types of genetic testing during pregnancy: screening tests and diagnostic tests.

### Screening tests

Screening tests are recommended for those patients considered to be at low risk. The tests pose no immediate

risk to you or your pregnancy. Screening tests are generally done by blood tests or ultrasound. They determine whether you are at normal or higher than expected risk for a given condition. Screening tests do not determine for certain whether your baby will have a specific problem.

### Nuchal Translucency Testing or First Trimester Screening

This is a two-part test consisting of an ultrasound and blood work. First trimester screening is a combination of maternal blood and fetal ultrasound done at the same visit. This is used to screen for Down syndrome and Trisomy 18.

The blood test will show the level of two biochemical markers in your blood. The ultrasound is used to measure a thin layer of fluid at the back of the fetal neck. The information from these tests are combined with your age to determine your specific risk of Down syndrome and Trisomy 18.

Doing these tests during the first trimester gives more accurate results with fewer false positives. They are normally done between 11-13 weeks. Results are typically available in five days.

### Second Trimester Screening

During second trimester, we use maternal serum screening to test for Down syndrome, Trisomy 18 and open fetal defects such as spina bifida. These are conducted by blood test.

Four specific hormones being produced by the pregnancy appear in your blood. The blood test shows the levels of these hormones. We use these levels and your age to calculate your specific risk for these conditions. This is done between 15-22 weeks. Results are typically available in five days.

### Diagnostic tests

Diagnostic tests are available to any patient who wants to know for certain if their baby has a specific condition. They will also be offered to patients believed to be at higher risk who may benefit from more direct testing. These tests involve procedures that are safe overall but have a small risk of miscarriage: approximately 1/750 – 1/1,000.

### Cell-free DNA screening/Non-Invasive Prenatal Screening (e.g., MaterniT21, Panorama)

This test looks at pieces of genetic material from the placenta that are in the maternal blood. The relative amount of material from each chromosome in maternal blood is estimated. This test will identify 98-99% of pregnancies affected by the most common chromosome problems (e.g., Down Syndrome, trisomy 18, trisomy 13, sex chromosome changes).

This test can be done as early as 10-11 weeks. Results are typically available in seven business days. Insurance will cover the cost of this test for most patients, but coverage can vary depending on the insurance plan and the reason for the testing.

### Chorionic Villus Sampling

Chorionic Villus Sampling (CVS) takes sample cells from the placenta. It is performed at 11-12 weeks of pregnancy. Your provider will use an ultrasound to guide an instrument that removes cells from the placenta. Those cells are then analyzed for genetic conditions.

### Amniocentesis

This test analyzes the amniotic fluid surrounding the fetus. It is performed after 15 weeks of pregnancy. Your provider will use an ultrasound to guide a needle through the abdominal wall into the uterus. Approximately 1 tablespoon of amniotic fluid is withdrawn. The fetal cells in the fluid are then analyzed for genetic conditions.

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# Resources

## During pregnancy

Below are some of the resources available for you during pregnancy. This is not a complete list, but a selection of those that may be helpful.

### Text4Baby

Sign up for free text messages to help keep you and your baby healthy. Text your 10-digit phone number to 511411. You will receive three text messages a week with health tips for you and the baby. Learn more at [text4baby.org](http://text4baby.org).

### Healthy Start

Healthy Start has locations in New Orleans, Gretna, Baton Rouge, Lafayette and Terrebonne Parish. This program provides services to those who are pregnant or parenting children under the age of two. Healthy Start promotes healthy communities by nurturing healthy pregnancies, healthy babies and healthy families. Call 504-658-2600 to sign up.

### Partners for Family Health Louisiana (a project from the LA Department of Health)

Partners for Family Health and the Partners for Healthy Babies Helpline (1-800-251-BABY) makes finding health resources easy. Whether you're starting a family or just trying to make healthy choices, click or call to connect to resources you can trust. Learn more at [partnersforfamilyhealth.org](http://partnersforfamilyhealth.org).

### Women, Infants and Children Program (WIC)

If you need help obtaining healthy food and health care for you or child, contact your local WIC office or visit [fns.usda.gov/wic](http://fns.usda.gov/wic).

### Child Safety Seat Installation

Check with your local State Trooper office or Fire Department, or visit [seatcheck.org](http://seatcheck.org) or [www.nhtsa.gov/equipment/car-seats-and-booster-seats](http://www.nhtsa.gov/equipment/car-seats-and-booster-seats) to find car seat installation and inspection sites in your area.

### March of Dimes

March of Dimes helps moms have full-term pregnancies and healthy babies. If something goes wrong, they offer information and comfort to families. They research the problems that threaten babies and work to prevent them. Learn more at [MarchofDimes.org](http://MarchofDimes.org).

### Doulas

Ochsner Health supports the inclusion of doulas on your labor support team. Talk to your provider for recommendations on how to select a doula who is right for you!

## Childbirth Education Programs

The more you learn about your pregnancy, the birth process and adjusting to life after delivery, the healthier you will be. Ochsner offers a variety of classes to help you prepare for your new bundle of joy. Go to [www.ochsner.org/services/prenatal-classes-childbirth-education](http://www.ochsner.org/services/prenatal-classes-childbirth-education) to find classes close to home.

Lactation Center Services

Ochsner offers breastfeeding support throughout Louisiana.

Prenatal Consultations

Most Ochsner locations offer free one-on-one prenatal appointments with a lactation consultant. You may want to bring a support person with you. We will talk about normal body changes and how to prepare for breastfeeding. We'll also answer your questions. This is also a great time to be fitted for nursing bras and to shop for breastfeeding supplies.

Prenatal Breastfeeding Classes

This class is taught once a month. It provides detailed information about the basics of breastfeeding with a focus on how to get off to a good start.

Telephone Warm Line

Our lactation consultants are available by phone from 8:00 am to 4:00 pm, 7 days a week to help you breastfeed your baby. For assistance call the Warm Line. See below for the location closest to you.

Breastfeeding Counseling

After you are home with your baby and feel phone advice is not enough, our lactation consultants are available to meet in person at most Ochsner locations. There is a fee for this service.

Breast Pump Rentals

Several breast pump rental options are available with daily, weekly and monthly rates. Call your local Ochsner Lactation Center to discuss rental options.



Many Ochsner locations offer breast pumps, nursing bras, lanolin, pillows and more from leading national brands. Contact your health insurance provider to see if the cost of these products is covered by your policy.

Ochsner Lactation Centers/Warm Line

Ochsner Baptist.....	504-842-5210
Ochsner Baton Rouge.....	225-755-4448
Ochsner Kenner.....	504-464-8345
Ochsner Lafayette General.....	337-289-7227
Ochsner LSU Health Monroe.....	318-330-7305
Ochsner LSU Health Shreveport.....	318-626-1380
Ochsner St. Anne.....	985-537-8291
Ochsner Westbank.....	504-391-5195

## Phone Numbers Before and After You Deliver

Campus	Labor and Delivery	Mother/Baby or Perinatal/ Pediatrics Unit	NICU	Lactation
Ochsner Baptist	504-842-3595	504-842-3567	504-842-3650	504-842-5210
Ochsner Medical Center - Baton Rouge	225-236-5893	225-236-5899	225-236-5895	225-236-5898
Ochsner Medical Center - Kenner	504-464-8365	504-464-8340	504-464-8375	504-464-8345
Ochsner Lafayette General	337-289-7210	Mother/Baby: 337-289-7226 Pediatrics: 337-289-7639	337-289-7782	337-289-7227
Ochsner LSU Health – Monroe Medical Center	318-330-7328	Perinatal: 318-330-7310 Nursery: 318-330-7302	318-330-7302	Call the Nursery 318-330-7302
Ochsner LSU Health - St. Mary Medical Center (Shreveport)	318-626-1521	318-626-1467	318-626-1650	318-626-1380
Ochsner Rush (Meridian, MS)	601-703-9630	–	Nursery/NICU: 601-703-9682	601-703-9227
Ochsner St. Anne	985-537-8297	985-537-2335	–	985-537-8291
Ochsner Medical Center - West Bank	504-391-5245	504-391-5246	504-391-5299	504-391-5195



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