



## **Prenatal Care Nine Months of Caring for You and Your Baby**

Congratulations on the beginning of an incredible journey into pregnancy and motherhood. We at the office of Greystone OB/GYN are happy you have chosen us to share in this important period of your life. Although every woman and each pregnancy is unique and deserves special care and attention, there are various tests and procedures that are important for all women to assure quality prenatal care. This pamphlet has outlined the usual routine and reasons for each visit.

### **Meet your Doctors**

***Dr. Timothy Cowthorn*** joined the practice in July 2004. Dr. Cowthorn received his Doctor of Osteopathic Medicine degree from the University of N. Texas College of Osteopathic Medicine. His residency training was at the Atlanta Medical Center. Dr. Cowthorn is Board Certified by the American Board of Obstetrics and Gynecology.

***Dr. Benetta Duhart*** joined the practice in July 2005. Dr. Duhart received her Doctor of Medicine degree from the University of Tennessee College Of Medicine in Memphis, TN. Her residency training was at the Atlanta Medical Center. Dr. Duhart is Board Certified by the American Board of Obstetrics and Gynecology.

***Dr. Megan Craig*** joined the practice in August 2015. Dr. Craig received her Doctor of Medicine from Mercer University School of Medicine in Macon, GA. Her residency training was at the Medical Center of Central Georgia in Macon. Dr. Craig is Board Certified by the American Board of Obstetrics and Gynecology.

***Dr. Niharika Saini*** joined the practice in August 2019. Dr. Saini received her Doctor of Osteopathic Medicine degree from Texas College of Osteopathic Medicine in Texas. Her residency training was at West Virginia University in Charleston, West VA. Dr. Saini is Board Certified by the American Board of Obstetrics and Gynecology.

***Dr. Brandi Wood*** joined the practice in August 2020. Dr. Wood received her Doctor of Medicine from the University of Texas Southwestern Medical Center in Dallas, TX. Her residency training was also at University of Texas Southwestern Medical Center. Dr. Wood is Board Certified by the American Board of Obstetrics and Gynecology.

***Dr. Michelle Uzor*** joined the practice in August 2022. She is first-generation Nigerian American and has lived in Georgia majority of her life. Dr. Uzor obtained her undergraduate degree from the University of Georgia. She then obtained her Doctor of Medicine degree and completed her Obstetrics and Gynecology residency training from Morehouse School of Medicine in Atlanta, GA.

***Dr. Evan Monson*** joined the practice as a full time Hospitalist in December 2022. Dr. Monson received his Doctor of Medicine from Medical College of Georgia at Augusta University in Augusta, GA. His residency training was at Augusta University Health.

***During this pregnancy, we are here to educate you, comfort you and provide the kind of care you expect when it comes to your body, your baby and your well-being.***

### **Meet your Certified Nurse Midwives and Nurse Practitioner**

***Melissa Aycox, CNM*** joined the practice in 2003. Melissa grew up in our community and went on to earn her degree in Midwifery at Emory University School of Nursing in Atlanta, GA.

***Stephanie Pittman, CNM*** joined the practice in 2010. Stephanie grew up in our community and went on to earn her Midwifery degree at Frontier School of Midwifery and Family Nursing in Kentucky.

***Christy Standridge, CNM*** joined the practice in 2017. She earned her Midwifery degree at Frontier School of Midwifery and Family Nursing in Kentucky.

***Amy Newman, CNM*** joined the practice in 2021. She earned her Midwifery degree at Frontier School of Midwifery and Family and Family Nursing in Kentucky.

***Sherennah Herring, CNM*** joined the practice in 2022. She earned her Midwifery degree at Emory University in Atlanta, GA.

***Cynthia Maxwell, FNP-C*** joined the practice in 2023. She earned her Certified Family Nurse Practitioner degree from South University.

The Nurse Midwives have Master's Degrees in the area of Women's Health and are certified through the American Midwifery Certification Board. The Certified Family Nurse Practitioner has a Master's Degree in family healthcare and is certified through the American Academy of Nurse Practitioners. The Nurse Midwives work in close collaboration with each other, the Family Nurse Practitioner and the physicians to help you have the healthiest, happiest pregnancy and birth possible.

#### **First Visit**

This usually occurs during the first weeks after missing your period. If you are a new

patient, your medical and family history will be discussed. We usually do a urine pregnancy test and a complete physical exam that includes a pelvic examination to assess the size of the uterus and look for physical signs of a normal pregnancy. During this examination a pap for patients over 21 years old. All patients will have cultures for Gonorrhea, Chlamydia, Trichomoniasis and urine culture. We will discuss the results of your pap and cultures at your next prenatal visit.

Other procedures during the first visit include blood pressure, weight and height. Prenatal vitamins are usually prescribed on the first visit. Any type of prenatal vitamin is fine, but they do come in different shapes, sizes and some are chewable. Ask for suggestions of different ones if you are having problems with them.

During this visit your medical and family history will be discussed in detail. Your pregnancy history will also be reviewed. We will evaluate your prenatal care in order to recognize any problems that may be present during the pregnancy. Lab tests for this visit include a CBC (Complete Blood Count), blood type and Rh, antibody screen, rubella, syphilis screen, hepatitis screen, sickle cell screening and HIV testing. This visit will take 45 minutes to an hour.

- 1) The CBC measures the hemoglobin and various cell counts which provide information on iron stores and infections.
- 2) The blood typing will reveal possible blood groups and/or RH incompatibility problems later in the pregnancy. When the RH test is negative, you will receive an injection of RhoGAM at 28 weeks to protect the baby.
- 3) The antibody screen is done to detect unusual antibodies that may have arisen during a prior pregnancy or from a transfusion.
- 4) The rubella test (German Measles) is an antibody test to determine if you are protected from rubella. You will be vaccinated postpartum if non-immune.
- 5) The RPR is a test for exposure to syphilis.
- 6) The HbSAg is a test that detects recent or prior Hepatitis B infections.
- 7) The HIV test screens for the presence of the HIV virus in the blood.
- 8) Sickle cell screening for diagnosis for sickle cell, anemia or trait.

### **Second Prenatal Visit (2 Weeks later)**

Usually, 2-4 weeks later you will have a new OB ultrasound. This appointment will be with a Registered Diagnostic Medical Sonographer. The purpose of this ultrasound is to measure the baby. The measurements are then compared to the “due date” calculated from your last menstrual period (LMP). This allows for the establishment of an estimated due date to use for the remainder of the pregnancy. Ultrasound calculations of the size of the baby are very accurate during the first half of the pregnancy.

If the LMP is uncertain this may be the only way to get an accurate due date for the baby. This ultrasound also provides the valuable information of “how many babies are there.... one...two...three???” You will also get a picture or two for the baby book.

### **Third visit - till the last...Activities of each prenatal visit**

The following prenatal visits don't last long but they are very important for us to make sure you are doing well with your pregnancy. They also give you a chance to address any questions or concerns. During these upcoming visits you will have the opportunity to meet and develop a comfortable relationship with all of our caregivers.

### **Timing of the visits**

You will be seen every 4 weeks until your 28th week and then every 2 weeks until your 36th week. After that your visits will be at least every week until your delivery. We might need to see you more often depending on your individual needs.

**First Stop-The Scale!** We know that gradual weight gain during pregnancy is best; a total gain of 25 to 35 lbs. is usually acceptable. Checking your weight with each visit helps us assess any nutritional needs you may have. Pregnancy is not a time to attempt to lose weight. If diet is a problem, you may need a referral to a dietitian.

**Blood Pressure-** Tells us about the state of your circulation. If it is too high, it can be a symptom of PIH (Pregnancy Induced Hypertension).

**The Urine Dipstick-** This test is ready instantly. Consistent finding of glucose may indicate the need to check your diet or blood sugar. The presence of protein is also significant. Because of normal physiological changes pregnant women are more prone to urinary tract infections. Some women with urinary tract infections will develop kidney infections or premature labor.

**Fetal Heart Tones-** Are the fetal heart tones present and is the fetal heart rate in the expected range? 120-160 is considered normal. This is about twice as fast as an adult rate.

**Sickle Cell trait** will get urine cultures each trimester.

**Early diabetes screening** will be done in the first trimester for patients with BMI > 35, history of macrosomia infants, or history of gestational diabetes.

**Prenatal Education and Emotional Support-** How are you dealing with this pregnancy? Do you need instruction? Do you have support? Later on in the pregnancy, are you prepared for labor?

**\*\*We believe the prenatal visit is a critical part of your care. When there are no problems, it is reassuring to hear, "Everything is fine." When there is a concern, your Doctor or Certified Nurse Midwife will address it. It is also a time when you are the center of attention. Feel free to ask questions and discuss your feelings.**

**Another tests that may be done:**

Your first tummy check, you will be offered MateriT21 and CF/SMA genetic screening.

The test can detect Down's Syndrome and fetal gender. Gender results are only sent by Portal Messages. Results can take up to 10 days. CF/SMA screens you for a carrier of Cystic Fibrosis and Spinal Muscular Atrophy.

\*Between 15 and 20 weeks you'll be offered other genetic testing called Alpha Fetal Protein, or AFP). This screens the baby for increased risk of having an open neural tube defect (Spina Bifida). Results are available within a week. See AFP information sheet for more facts about this test. Remember, this only gives a risk assessment and would be followed possibly by an ultrasound or amniocentesis for further specific assessment.

**We are proud to make available to you the exciting technology of Ultrasound Imaging.** This is a wonderful opportunity for you and your family to bond with your unborn baby. Through our live technology, you are able to visualize and record your baby's features as it develops. For a limited time, the 2D Gender Scans are being offered any time after 18 weeks at the cost of **\$50** with black and white ultrasound photos. You may add a CD of your 2D Gender session for **\$25**. Please be aware that quality imaging is directly related to the baby's position and cooperation the day of the scan.

\* Around 18-24 weeks or later, if you're not following up with Perinatology, a comprehensive ultrasound will be done. The purpose of this ultrasound is to check on the growth and development of the baby, and to verify the estimated due date.

\*At 28 weeks several important blood tests will be done. Some women are diabetic only during pregnancy so a glucose tolerance test is done to screen for problems. Expect to stay one hour for your glucose gestational screen (GGS) to be done. You may eat a light breakfast the morning of your GGS. You will drink a sweet drink and then in one hour your blood will be drawn to see how your body handles the extra glucose challenge. While drawing blood for the one hour GGS a repeat of the RPR test, screen for anemia and HIV testing are also performed.

\*At 36 weeks a GBS culture is done. The GBS stands for Group Beta Strep which is a normal organism commonly found in the female genital tract. By screening all women we know who to treat in labor with IV antibiotics to help prevent transmission to the newborn. To test, a cotton swab is rubbed across the outside of the vagina and rectum area and the culture is sent to the lab. You will be notified of the results on your next visit. Your delivery and/or circumcision consent will be reviewed and signed at this time.

\*Around 38 weeks vaginal exams will begin to check the mother for beginning stages of cervical dilation and her body's preparation for labor. This exam will be done earlier if the mother is showing signs of early contractions.

Dtap is offered at 28 weeks. This immunization protects your infant from Whooping Cough. The Flu vaccine is offered and encouraged during Flu season.

### **Questions?**

Remember to ask questions...no question is too silly to ask. We are here for you and

really want to help you feel comfortable. It may help to write down questions you and your family wants to ask so you will remember on the next visit. If you have any concerns between visits that can't wait, feel free to call us during office hours and we will call you back to discuss your concerns or Portal Message.

### **What if I need help at night or on weekends?**

If you have a medical emergency at night or on weekends, dial **404-487-2099** and our answering service will page the On-call provider who will then call you back. Remove all call blocks so that we may return your call.

Labor and delivery instructions will be given during the third trimester so you will know when to go to the hospital. Piedmont Rockdale Hospital will notify us when you arrive.

### ***Good Luck and Congratulations!!***

**It is important to keep our office informed of any changes in your home, cell or business contact numbers, address and any changes of insurance coverage throughout your pregnancy. Any changes can be made through your secure patient portal or by contacting the front office.**

### **Administrative Form Fees:**

FMLA forms:           \$25.00 Cash  
Disability forms:    \$25.00 Cash

Family Medical Leave Act (FMLA) and Disability forms will be completed within 7-10 working days from the date submitted to our office. We will contact you upon completion. There is a **\$25 CASH** fee for the completion of each form.

### **Medical Record Request**

Medical record requests will be processed within 10 to 15 days upon a signed medical record request received in our office. Record processing fees may apply. Medical record copies & medical record transfers: **\$0.97 cents per page (cash, credit or debit)**  
**Mailing and postage fees are additional.**