



INITIAL PRENATAL APPOINTMENT

What to Expect

Prior to the appointment:

- If you have had any appointments, blood work, or ultrasounds with another healthcare provider during the current pregnancy, please contact them and request to either: 1) have your records faxed to The Nesting Place (**Fax: 907-313-1383**), 2) pick up a copy of your records in person and bring them to your first appointment, or 3) Call and we can send you an electronic Records Release prior to your initial appointment
- Please fill out your online chart sent to you by email, which include a health, gynecologic, and pregnancy history. If you do not have access to a computer or phone, please let us know and you may fill the paperwork out when you arrive at the office.
- If self pay or have not yet applied for Medicaid, the \$500 non-refundable deposit is due at the initial prenatal appointment.
- I accept cash, personal checks or we can process debit, credit, or HSA/FSA cards, however there is a 3% charge for this service.

Initial appointments typically last about 1 hour. During the appointment, we will:

- Discuss any records from a previous healthcare provider during the current pregnancy
- Discuss your health history paperwork
- Discuss and sign consent to care documents, financial contract, and HIPAA disclosure
- Discuss how and when to contact the midwife
- Discuss nutrition, supplements, and habits for a healthy pregnancy
- Discuss prenatal testing options and ultrasounds
- Typically perform any lab work, sometimes I will do this at the second appointment instead. Staying well hydrated on the day of your first appointment can help blood draws to go more smoothly.
- Perform a urine test, assess mom's blood pressure, pulse and discuss any problems she might be experiencing.
- Listen to baby's heartbeat, assess uterine growth, and if unsure of dates, perform a dating Ultrasound.