



# Congratulations on your pregnancy!

## What happens next?

You'll have regular OB/GYN visits throughout your pregnancy. Appointment timing and care are tailored to you and your baby, with visits available in West Des Moines, Ankeny AND South Waukee so you can choose what works best for you.

## Here's What You'll Find in Our Pregnancy Guide

- Recommended lab tests
- Pregnancy-safe medications
- Managing nausea and vomiting
- Appointment FAQs
- Vaccinations and illness
- Safety and precautions
- Labor and delivery
- Pediatrician options and more



Scan the QR code to access the full guide.

## Where We Deliver

Our OB/GYN providers deliver at:

Mercy West Lakes Hospital

Methodist West Hospital

Your provider will help you determine the best delivery location for your pregnancy.

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## Next, learn about your genetic testing options.

Now that you've had your first appointment, it's time to learn about optional genetic screening. Genetic screening can provide insight into your baby's health early in pregnancy. Choosing whether or not to screen – and which options to pursue – is entirely up to you.

## Understanding Genetic Screening During Pregnancy

Genetic screening helps assess the chance of certain chromosomal or genetic conditions. Screening can include blood tests, ultrasound or a combination of both, depending on your preferences and medical history.

- These are screening tools, not diagnostic tests.
- Some patients choose bloodwork only.
- Some choose bloodwork combined with ultrasound screening.
- Some choose not to pursue screening at all.

Your provider will help guide you through these options and answer any questions along the way.

*Learn more on back.*

## Blood-Based Genetic Screening Options

### MATERNIT® 21 PLUS

#### What is this test?

MaterniT® 21 PLUS is a simple blood test that screens for common chromosomal conditions that could affect your baby's health and development, including Trisomy 21 (Down syndrome), 18 and 13.

#### Who can have it?

All pregnant patients, regardless of age, may choose this screening. The American College of Obstetricians and Gynecologists recommends that all pregnant patients receive counseling about their genetic screening options.

#### When can it be done?

We typically perform this test between 11-13 weeks.

#### When will I get results?

Results typically return within 7-10 business days and will be available in your Patient Portal.

### INHERITEST® CARRIER SCREEN

#### What is this test?

Inheritest® Carrier Screen determines whether you carry certain genetic conditions that could affect your child, such as cystic fibrosis or spinal muscular atrophy.

#### Who can have it?

All pregnant patients may choose carrier screening. Genetic counseling is recommended to help you decide which screenings are right for you.

#### When can it be done?

Before, during or after pregnancy.

#### When will I get results?

Results typically return within 7-10 business days and will be available in your Patient Portal.

## Understand your genetic testing costs.

Before scheduling any genetic screening, we recommend reviewing your insurance benefits and learning about potential out-of-pocket costs. You can contact the Labcorp Cost Estimator at 844.799.3243.

Be sure to ask about the Moms Helping Moms program, which may help lower costs for eligible patients.



LEARN MORE HERE

## Ultrasound Screening for Genetic Conditions

### NT (NUCHAL TRANSLUCENCY) ULTRASOUND

#### What is this test?

An NT ultrasound is a screening ultrasound performed between 11-13 weeks of pregnancy. During this scan, the sonographer measures fluid at the back of the baby's neck, which can help assess the chance of certain chromosomal and structural abnormalities.

- NT screening is often combined with blood-based genetic screening, but it is not required.
- Some patients choose bloodwork only, while others choose bloodwork plus NT ultrasound.

Because insurance coverage varies, you may wish to check with your insurance provider before scheduling this ultrasound.

## Delivery Locations and Newborn Care

The Iowa Clinic OB/GYN providers deliver at two trusted hospitals. Your provider will help determine the best delivery location for your pregnancy.

### MERCY WEST LAKES HOSPITAL

- Neonatal intensive care unit (NICU) for babies who may need advanced care.
- Can care for babies born at 32 weeks or later

### METHODIST WEST HOSPITAL

- Special care nursery for babies who may need extra monitoring
- Can care for babies born at 35 weeks or later

Most pregnancies can safely deliver at either location. If additional planning is needed, your provider will discuss these options further with you.

## We're honored to be part of this special time in your life.

If you have questions about genetic screening, ultrasounds or your care plan, your OB/GYN team is always here to help.

📞 515.875.9290

🌐 [iowaclinic.com](http://iowaclinic.com)



OBGYN