



## Plan of Care

### OB Visits

We will see you every 4 weeks starting between 8-12 weeks up until 32 weeks, then every 2 weeks up until 36 weeks then every week until you have a baby. Post Delivery, we will see you in your home between 48-72 hours. We will see you in our office at 2 weeks post delivery and 6 weeks post-delivery. However, if you have any questions or concerns your midwives are available 24/7. We do ask that you respect our time and if it is not an emergency, that you contact us during the day between 9 am and 9 pm. You may call, text, or email. If it is emergent, please call and don't text.

### 1<sup>st</sup> OB visit

We will review diet and exercise recommendations. You will be expected to bring a diet log to your next 3 visits. We will give you reading assignments. It is important to us, that you are confident in your choice to have a home birth and are completely prepared. It is important to us, to provide the birth you want while maintaining realistic expectations.

We will also do initial OB labs at this time. We offer genetic screening for mother and baby.

### 20 weeks

We recommend an Anatomy Scan. This is an ultrasound to look at the anatomy of your baby; heart, lungs, kidney.....etc and placenta location. This lets us know that a home birth is safe for your baby as well.

## **28 weeks**

We recommend a CBC to look at iron levels and platelets. It is also recommended to screen for gestational diabetes at this time. This is a one-hour test where you drink 50 grams of glucose and then we draw your blood to see how your body processed glucose. If the glucose comes back high, we then do a second test which is a 3-hour glucose test where we have you fast for 10 hours, then take a first morning blood sample. We then give you 100 grams of glucose to drink and then test your glucose levels at 1 hour, 2 hour, and 3 hours.

Some people choose to decline this test for various reasons. We are not opposed to this as long as you are within the recommended weight gain parameters and you are eating a clean healthy diet. Understand, undiagnosed gestational diabetes may cause complications with your birth like a large for gestational age baby that can lead to shoulder dystocia and glucose testing for your baby. A healthy diet and exercise will prevent these complications.

**Start Alfalfa:** This is high in vitamin K which is a clotting factor that helps prevent post-partum hemorrhaging. Take it twice a day with meals.

You should be enrolled in a childbirth education class.

## **34 weeks**

Start working on your coloring book and positive birth affirmation.

## **36 weeks**

We will come to your home for this visit. We will walk through your home with you to see where you would like to birth your baby. We will need to know where basic supplies are for you, laundry room, and what bathroom do you want the midwife and birth assistant can use.

You should have completed your childbirth classes by 36 weeks.

### **37 weeks**

We will review post-partum teaching at this visit. Taking care of you and the baby.

We recommend having a post-partum plan in place. You should plan on staying in your pajamas for two weeks with your baby skin to skin with you as much as possible. You should only be getting up to void and shower, you feed your baby and someone feeds you. If you have a network of friends and family to help you with meal preparation, laundry, and basic household chores, it's time to rally the team.

We will offer you Group Beta Strep (GBS) test at this visit. This is a vaginal/rectal swab you will collect. GBS is a bacteria that lives in the GI tract and can sometimes travel to the vaginal area. This is not a problem for you but can cause complications in baby. We recommend you read Evidenced Based Births article on GBS or access your client portal for further information.

Your Birth Certificate Worksheet in the Client Portal should be completed.

Expect additional education at 32 wks (Post-dates), 34 wks (Breastfeeding) or as needed individualized information/consents.

#### **Term**

We can deliver your baby between 36 weeks on. We absolutely cannot go any earlier than this date. The risks of still birth increases with length of pregnancy until it reaches a peak of 10.8 per 10,000 pregnancies at 42 weeks.

If you reach 41 weeks we will do a non-stress test (NST). This is a test where we put monitors on your tummy to listen to baby for 20 minutes. We are looking for variability and reactivity, which we will explain and show you. If you go to 41/5 weeks we will recommend a biophysical profile. This is an Ultrasound that looks at baby's breathing, tone, heart rate, and amniotic fluid. We will also want to do another NST. We will continue with NST every 3-4 days until birth and possibly and second BPP if you go to 42/5 weeks.

## **Childbirth Education**

We recommend childbirth education classes for all our clients. This is essential for all first-time mothers and for a first time unmedicated birth. We know these additional classes increases your odds to having a successful vaginal birth.

We offer HypnoBirthing Classes. This course is typically \$300 but to our clients it is being offered for \$200. There is a \$50 non-refundable deposit with the balance due at the first class. If you need to make payments for this class, please ask and arrangements will be made.