

## Prenatal Care-Frequently Asked Questions

### **What can I expect at my first appointment for prenatal care?**

Your first appointment is called your New OB Appointment. This first appointment is approximately 45 minutes to 1 hour in length with the nurse only. This visit is typically scheduled between 8 and 10 weeks gestation. You will not be scheduled with the Doctor at this visit. If you are new to our office please plan to arrive 20 mins early for this appointment to fill out the necessary registration paperwork at check in. You will be asked to leave a clean catch urine sample at the beginning of this visit to confirm pregnancy. Instructions will be provided at check in. The nurse will meet with you and thoroughly review your medical history and prepare your chart for your care here at our clinic. The nurse will provide prenatal handouts and patient education and take time to answer your questions. At this visit they will order your prenatal labs but they will NOT perform ultrasound. Labs will typically be drawn in our clinic at the end of your appointment. You will not need to fast for this lab work.

### **When is my first appointment with my provider?**

Your first appointment with your provider is called your Doctor OB Appointment. This will be scheduled around 10-12 weeks gestation. At this visit your provider will review your history, perform a physical exam and either listen to baby's heart beat or do ultrasound. Your provider will review patient education, discuss genetic testing, pregnancy plans and answer your questions. This is a great appointment to bring a significant other if you choose.

### **When do I find out my baby's gender?**

If you choose to find out baby's gender this can be done at the ultrasound that is ordered at approximately 20 weeks.

### **How can I reach my provider after hours?**

We have a provider on call for emergencies 24/7. If you were to experience an emergency please call our main line at 541-389-3300 and follow the prompts for after-hours emergency. For non-urgent questions you may leave a message on our voicemail that will be answered during regular business hours. You may also send us a message via our secure patient portal. Those messages will be answered within 48 hours. The link is located on our website at [www.ecwg.net](http://www.ecwg.net).

### **Can I fly or travel long distance during my pregnancy?**

We recommend no flying after 36 weeks gestation. After 36 weeks it is recommended that obstetrical patients stay within 2 hours travel time of hospital services. Patients should check with their individual airlines to see if there are any additional restrictions.

### **What will my insurance cover?**

Our office will contact your insurance to verify your benefits after your first appointment with your provider. If there is an estimated balance you will receive a letter that details your benefits and estimated out of pocket.

### **I don't have insurance. How do I apply for insurance coverage?**

If you do not have insurance coverage please call Deschutes County Prenatal Access team at 541-322-7448 and they will help you. They are a great resource to connect you with pregnancy support services such as WIC.