

The staff and physicians at the Mercy Maternal and Fetal Health Center are committed to providing quality care and education for each patient with compassion and dignity, for both physical and emotional needs, always respectful of patient confidentiality.

## Your Special Pregnancy

You have been referred to the Maternal and Fetal Health Center for specialized services during your pregnancy, due to medical conditions that may increase your risk of complications during the pregnancy or at birth.

Our Mercy Maternal and Fetal Health physicians, nurses and sonographers are specially trained to provide the care you or your baby may need. We utilize the most up to date equipment and technology to meet your family's needs.

## What to Expect

The tests and procedures performed in the Mercy Maternal and Fetal Health Center are done to assist your obstetric care provider in caring for you and your baby. Please read through our list of services to learn about what occurs during your appointment. If you have questions or concerns, please talk with your obstetric care provider and our staff - our goal is to provide you with personalized care and the information you need.

## Locations:

### **Mercy Hospital St. Louis**

615 S. New Ballas Rd. | St. Louis, MO 63141  
314.251.6981

### **Mercy Hospital Washington**

901 E. Fifth St. | Washington, MO 63090  
636.239.8265

### **Maryville, Illinois**

2023 Vadalabene Dr. | Maryville, IL 62062  
618.606.9212

### **O'Fallon, Missouri**

300 Winding Woods Dr. | Suite 112  
O'Fallon, MO 63366 | 636.379.6600

### **Mercy Hospital Jefferson**

1500 Calvary Church Rd. | Festus, MO 63028  
636.933.1234

### **Mercy Hospital South**

10010 Kennerly Rd. | St. Louis, MO 63128  
314.525.4871



# Mercy Maternal and Fetal Health Center

[mercy.net/MaternalFetalHealth](https://mercy.net/MaternalFetalHealth)



*Your life is our life's work.*

## Obstetrical Ultrasound

### First Trimester

Early ultrasound allows visualization of the pregnancy and the developing embryo(s). This test may be performed if you are not sure of your last period or if you have vaginal bleeding or abdominal pain. Your obstetric care provider may request blood test(s) prior to your appointment.

Beta HCG results: \_\_\_\_\_

### Basic Anatomy

The focus of this scan is to evaluate the baby's growth and development. The ultrasound provides the following information:

- amount of amniotic fluid
- approximate age of the baby and expected date of birth
- location and characteristics of the placenta
- overall well-being of the baby

### Detailed Fetal Anatomy

If your obstetric care provider orders this ultrasound, the test will center on looking very closely at the anatomy of your baby. There are many reasons for this type of scan such as:

- presence of unusual ultrasound findings
- prior pregnancy with complications
- advanced maternal age
- maternal diabetes or other medical condition

### Doppler Studies and Blood Flow Studies

This test uses ultrasound to measure blood flow through the blood vessels. The blood flow is measured as it passes through the umbilical cord, mid cerebral artery or the uterine arteries and the results help assess your baby's well being.

## Fetal Monitoring

Electronic fetal monitoring allows close observation of your baby's heart rate and uterine activity over a period of time. This is an indirect method of observing your baby as he or she reacts to the womb environment.

### Nonstress Test (NST)

During this test, the perinatal nurse will watch for accelerations in your baby's heart rate and contractions of your uterus. The NST is done while you are relaxing in a recliner and lasts approximately 20 to 30 minutes.

### Modified Biophysical Profile (MBPP)

This test combines electronic fetal monitoring and ultrasound. The NST is done in combination with an ultrasound evaluation of the amount of amniotic fluid around the baby. The MBPP lasts approximately 45 minutes.

### Biophysical Profile (BPP)

This test uses ultrasound to assess fetal well being. A nonstress test may be added to the ultrasound part of the BPP. During the ultrasound, the sonographer or nurse will be looking for several things, including your baby's breathing motion, fetal movements and the amount of amniotic fluid. The BPP takes approximately one hour. For all biophysical testing we encourage you to eat prior to the test. Biophysical testing may be repeated on a weekly basis and your next appointment will be scheduled before you leave the Center.

## Genetic Counseling Services

Doctors may recommend genetic counseling for a variety of pregnancy concerns. A genetic counselor is a health care professional trained to educate families about issues related to birth defects, genetic disorders and genetic testing.

At Mercy Maternal and Fetal Health Center - St. Louis, board-certified genetic counselors help you understand the possibilities for your family and explore the testing options available. Counselors offer support without pressure to pursue any specific test or procedure. Instead, you are encouraged to make your own decisions based on what you feel is best for your family.

## Perinatal Procedures

### Amniocentesis

Amniocentesis tests the amniotic fluid that is withdrawn from the amniotic sac (the bag of water surrounding your baby). Using ultrasound guidance, a very thin needle is inserted into the sac and a small amount of the fluid is removed. The amniotic fluid can help determine the presence of infection and identify certain chromosomal defects.

### Chorionic Villus Sampling (CVS)

Chorionic villus sampling is a procedure to obtain a small sample of placental tissue by either inserting a small catheter through the cervix, or by passing a needle through the abdomen - both procedures are aided by ultrasound guidance. CVS is usually performed for chromosome analysis, similar to a second trimester amniocentesis. If CVS is recommended for your pregnancy, a genetic counselor or physician will discuss the reasons for the test, other options for testing, possible test results and any risks to ensure you are fully informed prior to the procedure.