



Practice Statement

Our primary concern is for your health and that of your child. In order to ensure this the following are recommended or required prior to becoming pregnant.

- A **pap smear** is to detect cervical cancer. If it has been longer than the recommended time frame for your pap smear, you are urged to return to your gynecologist and obtain another pap smear.
- All women who intend to become pregnant should be under the care of a **primary care physician or a gynecologist** while attempting to get pregnant.
- A **complete general medical examination** or **medical clearance** from your primary care physician may be indicated in some situations. **All women over the age of 45** should be screened for heart disease to detect risk factors for heart attack and stroke during pregnancy.
- **Prenatal vitamins with at least 400 micrograms of folic acid** are recommended for all women who are trying to conceive. *Folic acid supplementation prevents neural tube defects in the baby (spina bifida and anencephaly).*
- The following blood tests are recommended for women contemplating pregnancy: **CBC**, to ensure proper oxygenation, **TSH**, to prevent pregnancy complications, **Rubella and Varicella Screen**, to avoid infection during pregnancy, which can lead to birth defects and death. *If you are not immune a vaccination is recommended prior to pregnancy*, **Blood type with Rh factor**, to avoid alloimmunization.
- The American College of Obstetric and Gynecology (ACOG) recommends that all those contemplating pregnancy undergo **Cystic Fibrosis screening**. It is the most common autosomal recessive disorder in Northern European Caucasians. 1:5000 babies are born with it.
- The American Cancer Society recommends that women over the age of 40 have a **mammogram** every year. We require women 40 years of age and older to supply documentation of a recent normal mammogram.
- **BMI** (body mass index) over 28 decreases the chance of pregnancy, especially in women over 30. **BMI** over 32 increases the chance of still birth, cerebral palsy and birth injuries. You accept these risks if you choose to try and conceive above this **BMI**.
- Most of our fees are due at the time of service and are non-refundable. Cycle coordination fees are due at the time of scheduling the cycle coordination appointment and are also non-refundable.

I have received a copy of this practice statement and reviewed the information above with Danielle E. Lane, M.D.

Signature

Date