

# 13 Moons Midwifery

## Description of Midwifery Care

### Preconception Visits

| Item                        | Description  | Cost   | Comments  |
|-----------------------------|--|--|---|
| <b>Pre Conception Visit</b> | During this visit we assess your current health status and access to resources. Together we develop a plan for improving access to resources and an outline for building hormonal balance & resilience. Clients learn how to track fertility cycles to achieve or avoid pregnancy. | <b>Included in Full Spectrum Midwifery Care</b><br><br><b>or</b><br><b>\$75/hr</b> | <b>Recommended:</b><br>Any amount of time prior to pregnancy.<br>Ideally 6 months to 1 year prior to pregnancy. |

### Prenatal Visits

| Item                           | Description   | Cost  | Comments  |
|--------------------------------|---|---|---|
| <b>Initial Prenatal Visit</b>  | Includes a brief physical exam, review of medical history and previous deliveries, resource review, and everything included in the routine prenatal visit described below.  | <b>Included in all Care Plans</b>   | <b>Required:</b> For all first time pregnancies and new clients.<br>This visit is 90min.  |
| <b>Routine Prenatal Visits</b> | These visits include checking blood pressure, pulse, urine (as needed), discussing physical and mental well being, listening to fetal heart tones, and checking baby's position & growth. Plenty of time is allowed for questions, concerns and education about labor, delivery, chestfeeding and newborn care. | <b># of Visits Included in Care Plans:</b><br><b>Plain:</b><br>6 visits (60 min)<br><b>Complete:</b><br>12 visits (60 min)<br><b>Full Spectrum:</b><br>15 visits (60 min) | <b>Medically Recommended:</b><br>Once a month for the first 28wks, twice a month until 36wks, once a week after 36wks, and twice a week after 41 weeks.<br><b>Required:</b> visits every 3 days after 41 weeks. |
| <b>Urgent Prenatal Visits</b>  | These are unscheduled home visits for conditions or concerns that arise that can't wait until a regular clinic day that is not deemed urgent by me.   | <b>\$100/hr</b><br><br><b>+ driving fee</b>   | Estimation of cost will be calculated to include an additional \$25 for driving time.   |

### Labor and Delivery Care

| Item         | Description  | Cost                   | Comments  |
|--------------|--|------------------------|---|
| <b>Birth</b> | Includes care and support of two midwives or a midwife and an experienced assistant during labor and delivery. Monitoring, support and evaluation for client and baby for the first 2 hours following delivery, help with chestfeeding, footprints for baby, clean-up, and education about caring for your new baby. | <b>Included in Fee</b> | <b>Required:</b> For all families unless they are seeing us only for prenatal or postpartum care. |

## Newborn Care

| Item                               | Description   | Cost  | Comments   |
|------------------------------------|---|---|--|
| <b>Vitamin K</b>                   | This important supplement helps newborns clot their blood in case of internal bleeding due to low Vitamin K levels at birth. It can be given once at birth as a shot or as oral drops given by parents on a protocol spanning several weeks.                                  | <b>Injection<br/>Included in Fee<br/>(Oral must be purchased by parents prior to 36wk visit)</b>              | <b>Recommended:</b> For all babies.  |
| <b>Eye Ointment</b>                | The State Law requires that we offer to put antibiotic ointment in the eyes of all newborns within 2 hours of delivery to prevent eye infections which the baby may get during the birth if the birthing parent has chlamydia or gonorrhea (sexually transmitted infections). | <b>Not Included in Fee<br/><br/>\$20</b>  | <b>Recommended:</b> For all babies whose birthing parent may have been exposed to chlamydia or gonorrhea during pregnancy<br><b>Required:</b> By State Law. (Can be declined by checking 'no' on the contract) |
| <b>Newborn Metabolic Screening</b> | The State Law requires us to draw a blood sample from the baby's heel within 24-48 hours of the birth to do very important blood tests to check for diseases that if untreated may cause illness, brain damage or death   | <b>Only Included in Full Spectrum Midwifery Care Fee<br/><br/>\$115<br/>(fee exempt for families in need)</b> | <b>Recommended:</b> For all babies<br><b>Required:</b> By State Law.   |
| <b>Newborn Hearing Screening</b>   | This screen checks to see if the baby has normal hearing in both ears. We use an Otoacoustic Emissions machine. The OAE test is used to find out how well your baby's inner ear, or cochlea, works.   | <b>Included in Fee</b>  | <b>Recommended:</b> For all babies   |

## Lab Work

| Item                                | Description  | Cost                   | Comments  |
|-------------------------------------|--|------------------------|---|
| <b>Hgb and Random Blood Glucose</b> | These tests are done by collecting a few drops of blood from the tip of the finger. The hemoglobin test looks for anemia, which can be treated with iron supplements and changes in diet. The blood glucose test shows how well your body is able to process carbohydrates. Those with high blood glucose may need additional testing and will need to make changes in their diet. | <b>Included in Fee</b> | <b>Required:</b> For all clients at their initial visit, 28 wk & 36 wk visits, and at 6 weeks postpartum. |

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| <b>Dipstick Urine Analysis</b>   | <p>This test is done by having the client collect a sample of urine in a cup. This analysis looks for signs of a urinary tract infection, pre-eclampsia, gestational diabetes, etc.</p>  | <b>Included in Fee</b>   | <b>Required:</b> For all pregnant clients at each visit as needed.  |
| <b>Basic Prenatal Panel</b><br>+<br><b>A1C</b><br>+<br><b>Vit D</b><br>+<br><b>Insulin</b> | <p>These tests are done by collecting a sample of blood from a vein in the arm. The Prenatal Panel screens for diseases and blood health during pregnancy. Tests included in the panel are ABO grouping (blood type), Rh factor, Antibody screen, Rubella, VDRL (syphilis), Hepatitis B, and CBC (complete blood count).<br/> Hemoglobin A1C measures your average blood sugar levels over the past 3 months. Together with Insulin &amp; Vit D levels, we get a better view of your overall health.</p> | <b>Not included in Fee</b><br><br><b>Prenatal Panel</b><br><b>\$200</b><br><br><b>Hemoglobin A1C</b><br><b>\$6</b><br><br><b>Vit D</b><br><b>\$32</b><br><br><b>Insulin</b><br><b>\$33</b> | <b>Recommended:</b> For all clients with each pregnancy.<br><br><b>Required:</b> For all first time pregnancies and for all new clients unless they have lab reports from their previous midwife or doctor. |
| <b>Group B Strep (GBS) Culture</b>   | <p>This test is done by having the client use a swab to collect a sample from their vagina and anus to check for a bacteria that the baby can be exposed to during delivery and can rarely (about 1 time in 1000) cause the baby to become very ill or die.</p>  | <b>Included in Fee</b>   | <b>Recommended:</b> For all clients with each pregnancy.<br><br><b>Required:</b> For all clients who have had a preterm delivery or a baby who got sick from GBS.   |
| <b>Urine Analysis with Culture and Sensitivity</b>   | <p>This test is done by sending a urine sample to the lab to look for what kind of bacteria is in the urine and what kind of medication will work best to eliminate the bacteria.</p>  | <b>Not Included in Fee</b>   | <b>Recommended:</b> For all clients with a history of chronic UTIs.<br><b>Required:</b> For clients with a history of preterm delivery.   |
| <b>Ultrasound</b>  | <p>This test uses sound waves to check on the condition of the baby. Ultrasound prices vary by where they are done and who does them. We do not do any ultrasounds, but can arrange for you to get one.</p>  | <b>Not Included in Fee</b>   | <b>Recommended:</b> Anatomy scan for all clients between 18 and 20 weeks gestation.<br><b>Required:</b> Whenever there is a concern about fetal well being, position of baby or twins.                      |
| <b>PAP Smear</b>   | <p>This test is done by taking a few cells from the cervix and vagina with a small brush to look for signs of cervical cancer. Cervical cancer that is found early is much more treatable than cancer found in an advanced stage. The traditional Pap</p>  | <b>Not Included in Fee</b>   | <b>Recommended:</b> For all people with a cervix, every three to five years, more frequently for people with risk factors or a history of an abnormal Pap smear.  |

smear is cheaper, but the thin prep test is more accurate.

## Lab Tests for Special Circumstances

| Item  | Description   | Cost   | Comments  |
|---|---|--|---|
| <b>Glucose Screening</b>                                  | This test is done at the 28wk visit to screen for Gestational Diabetes by collecting a few drops of blood from a finger poke and testing blood glucose before eating (fasted), then 45min & 2 hours after eating a meal. If these results are high additional testing is done after eliminating refined sugars and carbohydrates from the diet. | <b>Included in Fee</b>                         | <b>Recommended:</b> For all clients<br><b>Required:</b> For people with family or personal history of diabetes, obesity, older than 25 years of age, a history of large babies, or who have glucose in their urine during prenatal care.  |
| <b>Multiple Marker Screening For Chromosome Disorders</b> | This screening is done by taking a blood sample from a vein to look for signs of Down's Syndrome, Neural Tube Defects, and more. If this test indicates that the baby may have anomalies, more testing such as amniocentesis and ultrasound will be recommended.  | <b>Not Included in Fee</b>                     | <b>Recommended:</b> For families who want to know if their baby may have Down's Syndrome or Neural Tube Defects.  |
| <b>Vaginal Cultures</b>                                   | These tests are done by taking a sample from the cervix to look for Chlamydia and Gonorrhea in people who are at risk for these diseases.   | <b>Not Included in Fee</b>                     | <b>Recommended:</b> If either you or your partner are non-monogamous.   |
| <b>HIV Testing</b>  | This test looks for the antibody to Human Immunodeficiency Virus (HIV) which can cause AIDS. If a person is found to be HIV positive, special care needs to be given during pregnancy including medications to reduce the risk of the HIV being passed to the baby.   | <b>Not Included in Fee</b><br><br><b>\$104</b> | <b>Recommended:</b> This is offered to all clients. It is highly recommended for people with a history of multiple sexual partners or IV drug use.<br><br><b>Required:</b> For people who have or have had a partner who is HIV positive. |
| <b>Liver Panel</b>  | This test looks at how well the liver is functioning in pregnancy. This test is done when clients are experiencing high blood pressure and swelling, unexplained rashes and other conditions that indicate concerns about liver function.   | <b>Not Included in Fee</b><br><br><b>\$3</b>   | <b>Recommended:</b> For people w/elevated blood pressure w/o symptoms.<br><b>Required:</b> For clients with S&S of pre-eclampsia or unexplained rashes.   |

## Care Recommended for Rh- Women in Pregnancy

### Special Note to Parents

When a pregnant person's blood type is found to be Rh- we suggest that their baby's other biological parent be tested to see if they are also Rh-. If the other parent is found to be Rh- many families choose to decline any further testing and care because the babies of two parents who are Rh- are almost always Rh-, and this does not cause any problems. However, it is very important for the pregnant client to understand that if they are unsure of the baby's other biological parent's blood type, the baby may be Rh+ and they may make proteins that could harm any Rh+ babies they might carry during future pregnancies. In the rest of this sheet it is assumed that the blood type of the baby's other biological parent is Rh+.

| Item                      | Description  | Cost   | Comments   |
|---------------------------|--|--|--|
| <b>Antibody Screen</b>    | This test is done by drawing a blood sample from the arm to look for proteins that an Rh- person with an Rh+ baby, may have made that could harm the baby they are carrying if it is Rh+.  | <b>Not included in fee</b><br><br><b>\$35</b>  | <b>Recommended:</b> At the first visit and the 28 week visit. Also, at the 36 week visit if the client is not getting prenatal Rhogam (see below).<br><b>Required:</b> Once between 28 and 37 weeks. |
| <b>Prenatal Rhogam</b>    | People who have a negative antibody screen (see above) which means that their body has not yet made any of the proteins that could harm a baby that is Rh+, are encouraged to get a shot of a medication called Rhogam that will help prevent her from making those proteins during the rest of her pregnancy. | <b>Not included in fee</b><br><br><b>\$130</b> | <b>Recommended:</b> For all Rh- clients who may have an Rh+ baby and a negative antibody screen at 28 weeks.   |
| <b>Cord Blood Testing</b> | This is done by collecting a sample of blood from the baby's umbilical cord after it has stopped pulsing to determine if the baby is Rh+.  | <b>Included in fee</b>                         | <b>Recommended:</b> For all babies born to an Rh- person when their other biological parent is Rh+.  |
| <b>Postpartum Rhogam</b>  | It is very important that a Rhogam shot be given within 72 hours after the birth if your baby is Rh+, or if baby's cord blood was not tested. It is to prevent the body from making proteins that may harm any Rh+ baby that you may carry during future pregnancies.  | <b>Not included in fee</b><br><br><b>\$130</b> | <b>Required:</b> For all Rh- people whose baby is Rh+, or whose baby's other biological parent is Rh+ and the baby's cord blood was not tested,  |