



empowher

At EmpowHer Women's Health & Wellness, we are honored that you would allow us to care for you during your pregnancy and during this unique and exciting time in your life. We will be seeing you every 4-6 weeks during your first and second trimester and then every 2-3 weeks until 36 weeks. You will then be seen weekly until delivery. Of course, this may change depending on issues that can arise during pregnancy. We try to schedule the majority of your appointments with your OB, however when the physicians are called out of the clinic to labor and delivery, you may be seen by one of our nurse practitioners. Additionally, we offer group prenatal visits so that you can get to know a group of women who are your same gestational age and walk through pregnancy with your OB together. You will get additional education and get to learn from one another if you choose this experience, which we highly encourage!

You will have blood work drawn at the beginning of the pregnancy to determine your blood type, look for anemia, and to rule out chronic and genetic diseases. We will offer genetic testing around 10-12 weeks of pregnancy looking for fetal chromosomal abnormalities and fetal gender if you desire. You will be screened for gestational diabetes around 24-28 weeks, unless indicated sooner. At the end of your pregnancy, we also screen again for anemia and infectious diseases per recommendation by the American College of OB/Gyn. We will do a vaginal/rectal culture for Group B Strep around 36 weeks.

You will have an ultrasound early in the pregnancy to establish dating and confirm your due date. We offer an additional screening ultrasound at 11-13 weeks to look at the back of the baby's neck (nuchal translucency) which helps to identify chromosomal abnormalities and some early birth defects. At 18-22 weeks, we will schedule a sonogram to look at the anatomy of the baby as well the baby's gender if you prefer. We will do another ultrasound around 35-36 weeks to confirm position, size of the baby, and amniotic fluid level. If you are high risk, you may have sonograms scheduled more frequently to look at your baby's size, amniotic fluid and overall well-being.

You will deliver your baby at Hendrick Medical Center on the 4th floor of the Jones building in the Labor and Delivery unit. You will be required to pre-register for the hospital. Please visit <https://www.hendrickhealth.org/services/pregnancy-birth/> for more information about The BirthPlace at Hendrick and to find the registration link. Prenatal classes, including childbirth and breastfeeding, are offered at the hospital and you are encouraged to attend. They are also offered through an app called Domingo which is linked in the website above. We will discuss your preferences for delivery around 28 weeks and you will fill out the birth plan handout if you desire and return it to us at your convenience. It is located on our website and in our

babyscripts app. Labor and delivery has their own triage for pregnant patients >20 weeks who have any concerns about pregnancy that need to be evaluated (especially after hours).

Dr. Zimmerman and Dr. Mascorro partner with 4 other OB/GYNs who work at Hendrick North. If you deliver your baby at a time when your OB (either Dr Zimmerman or Dr Mascorro) is unavailable, you will be delivered by an OB/GYN who is working as a laborist for the hospital. These physicians are all board-certified obstetricians and will be there to take good care of you and your baby. If you present to Labor and Delivery North with any concern, there is a Ob/Gyn, Neonatal provider and Anesthesia provider readily available 24/7 in the hospital to provide emergency care. If you are in labor, or if you need to be admitted, they will call us! We luckily deliver more than 95% of our own patients, however there are times when we are unavailable due to travel or pre existing commitments. Believe it or not, we are heartbroken to miss any moment in your care! We will do our best to be at the bedside or watching over your care from afar for any critical moment in your pregnancy.

If you have a question or concern during our normal business hours, please contact us using the Athena patient portal. This is the quickest way to get a hold of us and have your question answered by our staff. However, messages will not be checked after 4 pm daily. If you have a concern after hours that you feel can wait until the morning, please send us a message at that time. If you have a concern that you feel needs to be evaluated more urgently, please call or go directly to Labor and Delivery if you are >20 weeks pregnant. The direct line to L&D is 325-670-3050. If you are less than 20 weeks, please go to the ED. Reasons to proceed to the hospital include abnormal bleeding, decreased fetal movement, concern for labor, concern for rupture of membranes, elevated blood pressures >140/90 consistently, or any other persistent symptoms or concerns that are not resolving and need evaluation. You can refer to our Frequently Asked Questions section as well!

We are thrilled to walk through your pregnancy journey with you and are honored to be a part of your growing family!

Sincerely,

Drs. Mascorro and Zimmerman and staff