

## Prenatal Plan

**FirstMed's Prenatal Care is more than just health care. It is an important part of a healthy pregnancy and includes a careful selection of visits, physical examinations, laboratory tests and ultrasounds.**

Your doctor and health coordinator will give you a schedule for your prenatal visits. If you are healthy and there are no complicating risk factors, you can expect to see your doctor about once each month during your first six months of pregnancy, every two weeks during the seventh and eighth month of pregnancy, then weekly in the ninth month of pregnancy.

At each examination, your weight and blood pressure are usually recorded. The size and shape of your uterus may also be measured, to determine whether the baby is growing and developing normally. At most of your visits, you will be asked to provide a small urine sample to be tested for sugar and protein.

Screening for diabetes usually takes place at 12 weeks for women who are at higher risk of having gestational diabetes (diabetes that occurs during pregnancy). All other pregnant women are tested for diabetes at 24 to 28 weeks. FirstMed's Prenatal Care tests can help predict the likelihood, or even detect the presence, of certain developmental or chromosomal abnormalities in the fetus:

- Quadruple Test (AFP, uE3, betaHCG, inhibin): Between 16 and 18 weeks to identify a baby at risk for certain birth defects or chromosomal abnormalities.
- Genetic Ultrasound: This is a detailed scan at 18 weeks, it checks for possible physical problems (abnormalities) in your baby. They may not detect every problem and your choice will be respected if you choose not to perform these tests. Ultrasound scans use sound waves to build up a picture of the baby in the womb. It is used to:
  - Monitor the baby's growth and development.
  - Record fetal heart beat or breathing movements.
  - Check if you are carrying more than one baby.
  - Identify a variety of abnormalities that may affect the remainder of the pregnancy or delivery.

Your doctor and Health Coordinator shall discuss many issues, such as nutrition and physical activity, what to expect during the birth process and basic skills for caring for your newborn. The aim of prenatal care is to detect any potential problems early, to prevent them if possible and to direct you to appropriate specialists, hospitals if necessary.

Stage/weeks	Examinations	Fee (HUF)
<b>Initial Visit</b>	Initial Obstetric (OB) evaluation, history and physical exam	42,500
	Transvaginal ultrasound (US) scan	40,800
<b>8-12</b>	Follow-up OB visit	42,500
	Internist exam with EKG	58,000
	Vision exam	51,800
	Dental exam	5,500
	Pregnancy Panel (PAP smear, vaginal culture, chlamydia, ABO/Rh antibody screen, CBC - complete blood count, iron studies, liver function test, thyroid function tests, cholesterol, HIV, HBsAg, VDRL – syphilis, TORCH)	106,600
<b>12</b>	Follow-up OB examination	42,500

	Urinalysis	5,900
	Combinated test	80,200
	Genetic ultrasound	58,800
<b>16</b>	Follow-up OB examination	42,500
	Urinalysis	5,900
	Weight	0
<b>18</b>	Genetic US scan	58,800
<b>20</b>	Follow-up OB examination	42,500
	Urinalysis	5,900
	Weight	0
<b>24</b>	Follow-up OB examination	42,500
	Urinalysis	5,900
	Weight	0
	US scan	58,800
	Labs (Glucose Tolerance Test, CBC)	34,900
<b>25</b>	4D ultrasound	58,800
<b>28</b>	Follow-up OB examination	42,500
	Urinalysis	5,900
	Weight	0
<b>30-32</b>	Follow-up OB examination (2)	85,000
	Urinalysis (2)	11,800
	Weight (2)	0
<b>34</b>	Follow-up OB examination	42,500
	Urinalysis	5,900
	Weight	0
	US scan	58,800
<b>36 - 41</b>	Follow-up OB examination (6)	255,000
	Urinalysis (6)	35,400
	Weight (6)	0
	Flowmetry US (as needed between 37th and 39th week)	51,000
<b>37-40</b>	CTG examination (non-stress test) (6)	163,800
<b>37</b>	Lab work (Alk Ptase, Bilirubin total, SGOT/AST, SGPT/ALT, potassium, sodium, total protein, glucose fast, CBC, PT/INR, vaginal culture (StrepB), ABO, Rh, antibody screen)	93,100
<b>After delivery</b>	Pediatric visit	42,500
	– with newborn Otoacoustic Emission test	15,300
	Postpartum OB visit at 6 weeks	42,500
	<b>Total cost if paid individually</b>	<b>1,840,600</b>
	<b>Prenatal Plan price</b>	<b>518,030</b>

Valid from 1st of January 2015 until further notice.