

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:

- **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)
Initial Visit	Initial Obstetric (OB) evaluation, history and physical exam	47,100
	Transvaginal ultrasound (US) scan	45,200
8-12	Follow-up OB visit	47,100
	Internist exam with EKG	64,300
	Vision exam	57,400
	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)	118,200
12	Follow-up OB examination	47,100
	Urinalysis	6,400

	Combinated test (lab test+Genetic US)	83,400+62,700
16	Follow-up OB examination	47,100
	Urinalysis	6,400
	Weight	0
18	Genetic US scan	65,200
20	Follow-up OB examination	47,100
	Urinalysis	6,400
	Weight	0
24	Follow-up OB examination	47,100
	Urinalysis	6,400
	Weight	0
	US scan	65,200
	Labs (Glucose Tolerance Test, CBC)	26,200
25	4D ultrasound	65,200
28	Follow-up OB examination	47,100
	Urinalysis	6,400
	Weight	0
30-32	Follow-up OB examination (2)	94,200
	Urinalysis (2)	12,800
	Weight (2)	0
34	Follow-up OB examination	47,100
	Urinalysis	6,400
	Weight	0
	US scan	65,200
36 - 41	Follow-up OB examination (6)	282,600
	Urinalysis (6)	38,400
	Weight (6)	0
	Flowmetry US (as needed between 37th and 39th week)	56,600
37-40	CTG examination (non-stress test) (6)	181,800
37	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)	118,200
After delivery	Pediatric visit	47,100
	– with newborn Otoacoustic Emission test	17,000
	Postpartum OB visit at 6 weeks	47,100
	Total cost if paid individually	2,034,700
	Prenatal Plan price	529,000

Valid from 1st of January 2018 until further notice.