

Texas Children's **Fetal** Center

Program for Multiples

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Frequently Asked Questions

What is the Program for Multiples?

The only program of its kind, the Program for Multiples is an evidence-based consultative service designed to supplement your prenatal care from your obstetrical provider (OB/GYN, Maternal Fetal Medicine physician and/or midwife) and to help support a positive outcome for you and your babies.

Why is the Program for Multiples important?

Women expecting more than one baby have different needs from those in a singleton pregnancy. Our expert team has extensive experience evaluating, diagnosing and treating the most complex fetal conditions, especially those related to multiple gestations. Receiving their expertise early during this one-day consultative service can help you have the healthiest pregnancy possible. If a complication should arise later during your pregnancy, our fetal center team will be familiar with your medical history and available to help you.

When should you visit the program?

Women will get the most benefit of the program between 10 and 18 weeks of gestation.

How do you schedule an appointment?

Download a referral form at <http://www.multiples.texaschildrens.org> and fax a completed copy to 713-798-2810.

What should you expect during your appointment?

Your assessment will last for about half day (9a.m.-12p.m.) and consist of four appointments

- 1) **Comprehensive Ultrasound** to determine key markers for potential risk conditions
- 2) **Genetic Counseling** to review family history and provide a thorough evaluation of genetic health and risk factors
- 3) **Personalized Nutritional Assessment** with our registered dietitian and lactation consultant to develop an individualized nutritional plan
- 4) **Maternal Fetal Medicine Consultation** to discuss your potential for complications and review a personalized plan of action for your pregnancy

What do you need to do prior to your appointment?

Prior to your appointment, please collect the requested medical records listed on the referral form and fax them to our office at 713-798-2810. You will also be asked to complete a three day food diary which will be provided to you after your appointment is scheduled.

Who can you contact for more information?

If you have any additional questions or concerns about the program, please contact Karen Moise, our nurse coordinator, at 713-798-8621