



Informed Consent: Labs

No one enjoys needles, which may be the most difficult part of labs for anyone. It is important to understand what labs we request and why. This form will explain your options for labs while you are in the care of our midwives. We do require a few labs for the safety of you, your baby and our staff. If at any times you have concerns or questions please feel free to ask.

Required Labs

Initial Prenatal Visit

At this visit we will draw blood to check for many things unless you are coming to us from a different provider and we have received records from them. We need to know your blood type, if you have any antibodies on your blood cells that shouldn't be there, if you have an active disease that requires immediate treatment. These tests are called the **OB Panel w/reflex**. It includes Complete blood count or CBC, ABO group and Rh type, Antibody screen, Hepatitis B, Syphilis, and Immunity to Rubella or German measles.

We will also draw for **Gonorrhea & Chlamydia**. These diseases can have no symptoms but cause many issues within your body and for your baby at birth. You will need results from this test to make an informed decision about care for your baby after birth.

HIV is another test that is required. Not only is it important that you know if you have this condition but it would also be important in the health of your baby and to the safety of your birth team. All labs are kept strictly confidential.

24-28 Week Prenatal Visit

At this visit we will once again draw blood. We need to check your **Hemoglobin and Hematocrit** levels again. The first time this was done as part of the **OB Panel**. It will be done again to ensure your levels are high enough to safely deliver outside of the hospital. At this point if your levels are too low there is time to change your diet or add a nutritional supplement to significantly improve these levels allowing you to safely move forward with your birth plans. If they are low at this point we will instruct you on things you can do to raise your levels and we will recheck again at 36 weeks.

We will also offer the **Gestational Diabetes** screening at this point. We do offer the standard Glucola, which is the medical standard of practice. We can also offer alternatives if you are interested. While this test is not required, it is highly suggested in one form or another. If you would like to discuss alternative please ask your midwife about this either at this visit or prior to this visit.

36 Week Prenatal Visit

At this visit we will redraw blood for your **Hemoglobin and Hematocrit** if your levels were low at your last check. We will also offer a **Group B Strep** or **GBS Swab** at this visit. **GBS** is a harmless bacterial colonization in you but can be dangerous for the baby to come into contact with during birth. While this test is not required it is highly recommended by us incase you have to transfer to the hospital for any reason. If you have further questions please ask your midwife.

Available Labs

Confirmation of Pregnancy

This test can be done as a urine test or blood test. It is just what it sounds like, to confirm that you are in fact pregnant. This isn't always necessary but is available as needed.

We can offer several different genetic screenings that must be done at specific points in your pregnancy. Please ask your midwife if you are interested in these screenings. They are not routinely offered.