

# What to Expect

**Welcome to the SSM Health Cardinal Glennon St. Louis Fetal Care Institute.** Our program is for any pregnant mother whose unborn baby may require specialized care.

We hope to provide information and support to you and your family throughout this journey. Our team knows every case is unique, and we will work with you to meet your needs.

## Your Journey

### STEP 1

#### Preparing For Your First Visit

One of our fetal care nurse navigators, a nurse who only works with our fetal care families, will contact you to welcome you to the program. They will:

- Contact your OB/GYN to obtain your current medical records.
- Arrange your initial visit to the Cardinal Glennon St. Louis Fetal Care Institute which will include:
  - An introduction to your care team, which includes your nurse navigator, social worker, and a maternal fetal medicine specialist (MFM), a specialized OB/GYN who will be responsible for your care.
  - A detailed ultrasound of your baby by our fetal sonographer.
  - Meetings with pediatric specialists who will be involved in the care of your baby after birth.

Once all the appointments are arranged, your fetal care nurse navigator will contact you again with all the details.

### STEP 2

#### Your First Appointment

Your first visit to the Cardinal Glennon St. Louis Fetal Care Institute typically lasts two to three hours, but may be longer depending on testing. When you arrive you will meet your nurse navigator in person and they will review your day.

#### Learning More

The start of your day will consist of meetings with specialists, and possibly additional testing. Depending on your baby's needs, the MFM may have a fetal MRI or fetal echocardiogram (echo) of your baby's heart performed. These tests are non-invasive and provide images of and information about your baby for the doctors to review. Throughout the day, we will collect all of the information from these tests, speak to you about your family history and discuss your unique family needs.

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## Meeting With Your Caregivers and Medical Team

Depending on the needs of you and your baby, you will speak with different caregivers and specialists. The Fetal Care Institute medical team can include:

- MFM doctors
- Pediatric specialists
- Your nurse navigator
- A sonographer
- A social worker
- A genetic counselor

After all your consultations, our team will meet as a group to discuss your case: the prognosis, any uncertainties, and recommendations for the pregnancy and delivery.

We will then meet with you and your family to discuss your unique situation, present available options and answer any questions you may have. We may also provide guidance regarding:

- The monitoring of your pregnancy
- Follow-up testing
- Interventions
- Therapy during pregnancy and after delivery
- Delivery time and location
- Mode of delivery
- Follow-up after birth
- Your overall well-being

### Your Support System

**We know how important it is to have your support system at your appointments with you, which is why you are welcome to bring two healthy adult visitors with you.**

We also offer virtual visits for anyone who can't join you in person at the appointment. Your nurse navigator can help with arrangements for this.

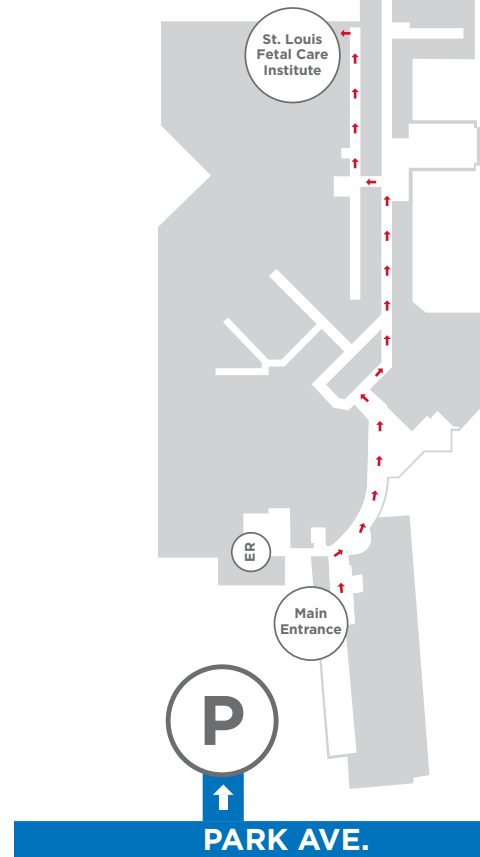
It is important to be aware of the stress a unique pregnancy can cause. Your emotional health is important to us, which is why we screen you and your partner for perinatal depression at each visit. Additionally, all of our families have access to our **All of You Matters Program, which provides free counseling.**

Our team is here to support you, and we want to ensure you know it is okay to ask for help! **We are only a phone call away at 314-268-4037 (select option 2) if you need to talk.**

A Cardinal Glennon St. Louis Fetal Care Institute nurse is available 24 hours a day, seven days a week to discuss referrals with physicians and potential families by calling 314-268-4037, option 2.

Phone **314-268-4037, option 2**  
Toll-free **1-877-SSM-FETL (776-3385)**  
Web **stlouisfetalcare.com**  
Email **fetalcare@ssmhealth.com**  
Facebook **facebook.com/fetaldocs**

## How to Find Us



### Location

The St. Louis Fetal Care Institute is located within SSM Health Cardinal Glennon Children's Hospital, 1465 S. Grand Blvd, St. Louis, MO 63104

### Parking

Enter the Cardinal Glennon parking area from Park Ave. There are two reserved parking spots for expectant mothers near the north entrance of the parking garage, near the helipad. If those spots are not available, you may park anywhere in the garage or parking lot.

### Directions Inside The Hospital

- As you come in the main entrance, check-in at the front desk.
- Veer to the left, past the gift shop through the atrium, and continue through the double set of doors.
- Make a right and follow signs to the Fetal Care Institute.

All fetal ultrasounds and fetal echocardiograms take place on the ground floor inside the Fetal Care Institute, not the Dallas Heart Center or Imaging.