

Welcome



Children's National™

Fetal Medicine Institute

Part of the Children's National Health System



Fetal Medicine Institute
Family Information Booklet

Welcome to the Fetal Medicine Institute at Children's National Health System

At Children's National, we understand that pregnancy can be a challenging time for families, so our team of fetal care specialists focuses on providing compassionate care for every family. Because caring for children is our passion, we work to improve the outcomes for babies with abnormalities diagnosed or suspected during pregnancy and help them transition to comprehensive pediatric care after birth.



Doctors at the Fetal Medicine Institute at Children's National use state-of-the-art advanced diagnostic imaging.

The Fetal Medicine Institute's Approach to Comprehensive Fetal Care

The Fetal Medicine Institute provides the most advanced technology to diagnose and treat suspected medical conditions in a compassionate and supportive environment. Our team includes specialists that care for all parts of the body (heart, brain, bones, nerves, etc.) and are not only experts in their area, but each have a specific interest and training in fetal development and transitional care. We work closely with your referring doctor to help you prepare for the birth of your baby.

Our institute is a resource to you and your doctors when additional diagnostic testing and specialist consultations are needed. Our team approach allows us to get information and make recommendations as quickly as possible before your baby is born. We also work closely with your doctor and other hospitals to coordinate care if your baby needs fetal surgery or requires a transfer to Children's National after birth.

At the Fetal Medicine Institute, you receive the most expert opinions in the field supported by state-of-the-art diagnostic imaging, as well as a fetal-care support network for the rest of your pregnancy and after birth. Each day we strive to:

- Collaborate to provide the most accurate diagnoses and advanced care planning for babies with known or suspected fetal abnormalities
- Provide timely, complete information to families and their doctors
- Partner with the medical community to ensure the highest level of care
- Deliver compassionate care within a family-centered environment

With our wide range of services, we are able to reach more families affected by fetal diagnoses and ensure continuity of care from diagnosis through life after birth. We will provide you with accurate diagnoses so you are adequately prepared to select the best options for you and your baby. Identifying conditions and discussing options before your baby is born increases the potential for a positive long-term outcome.

Meet Our Team

As part of Children's National Health System, we pride ourselves in providing you with a comprehensive network of care options throughout your pregnancy and after birth. When you are referred to the institute, you will be assigned a care coordinator. Your care coordinator serves as your personal resource and ensures that your care is tailored to the unique needs of your baby, as well as you and your referring doctor. Your care coordinator also will review your prior medical evaluations and imaging studies to help determine which of our specialists you should see during your visit. Our care coordinators include a board-certified family nurse practitioner and three board-certified genetic counselors.

Our doctors are expert in diagnosing fetal anomalies, counseling about treatment options, and delivering care as a baby transitions from the fetal period to life after birth. Our institute has more than 50 fetal specialists from the following specialties.

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|-----------------------|---|--------------------------|
| ■ Cardiology | ■ Neurology | ■ Radiology |
| ■ Genetic Counseling | ■ Neurosurgery | ■ Reconstructive Surgery |
| ■ Genetics | ■ Orthopaedics | ■ Surgery |
| ■ Infectious Diseases | ■ Ear, Nose, and Throat (Otolaryngology) | ■ Urology |
| ■ Neonatology | | |

With our expanded services, we are able to reach more families that have been affected by fetal diagnoses and ensure continuity of care as babies transition from the fetal period to life after birth.



Our Services

Genetic Counseling and Testing

During your visit, one of our genetic counselors may obtain a detailed family history to identify risk factors for your baby. Our team will interpret all of this information to determine if additional genetic screening or testing is necessary. For babies that our team considers at-risk because of a positive family history or a prior affected sibling, we offer molecular (DNA) analysis and carrier screening for a range of genetic conditions. We also offer preconception counseling for future pregnancy planning.

Advanced Fetal Diagnostic Imaging

Our institute utilizes advanced fetal diagnostic imaging methods when caring for your baby, including fetal ultrasound, fetal MRI (magnetic resonance imaging), and fetal echocardiography.

Fetal Ultrasound

Some fetuses are identified during routine ultrasound as potentially having a structural malformation. These mothers and their fetuses are referred to our institute, where they have more detailed ultrasound studies to clarify earlier study findings. Utilizing the latest technology, our radiology team performs high-level obstetric ultrasounds to evaluate and diagnose any fetal abnormalities. This team also helps counsel about pregnancy management.

Fetal MRI (Magnetic Resonance Imaging)

Performing fetal MRI helps detect and evaluate possible fetal abnormalities. Our institute is one of a few centers in the nation that combines fetal ultrasound and fetal MRI to provide a complete picture of the baby's body and brain. Images are obtained during a study that lasts about an hour or less, without the use of sedation, and they are examined in real time by board-certified radiologists and neuroradiologists. These fetal MRI studies provide exquisite detail inside the mother and baby.

Fetal Echocardiography

Fetal echocardiography is used to show the anatomy of the baby's heart, diagnose problems, and help manage heart diseases and rhythm disturbances *in utero*. Fetal echocardiography enables us to detect heart defects from as early as 12 weeks, and helps us determine if further testing or treatment is needed.

Delivery and Care Planning

For most families, our institute recommends delivery at a local hospital of their choosing. We communicate directly with the referring doctor and delivery hospital to discuss the delivery plan and ensure each member of the extended care team is ready to respond and meet the baby's needs immediately after birth. In rare cases, our Critical Care Delivery Program specialists will recommend delivery near or at Children's National if a baby requires special attention.

Should an admission to Children's National be required soon after delivery, our highly specialized Children's National Neonatal Transport Team can manage the safe transfer of a baby by helicopter to one of our special care units.

Neonatal Intensive Care Unit (NICU)

Our NICU is the only Level IV NICU in Washington, DC, which is the highest level designated by the American Academy of Pediatrics. As the region's most advanced NICU for critically ill and premature newborns—even those weighing less than one pound—Children's National's NICU is ranked ninth in the country by *U.S. News & World Report*. Our NICU features state-of-the-art monitoring and personalized medicine for newborns.

Cardiac Intensive Care Unit (Cardiac ICU)

Our Cardiac ICU is a 26-bed, state-of-the-art facility that provides the most advanced heart care in a patient-family-centered environment. The Cardiac ICU is a recipient of the prestigious Beacon Award, a distinction from the American Association of Critical-Care Nurses that recognizes organizations that uphold the highest standards in critical care. Each room has advanced monitoring technology, which provides real-time data to help the team monitor how the baby is progressing.



What To Expect During Your Visit

We understand the difficult and emotional time that you may be experiencing after receiving a fetal diagnosis. During your time at the Fetal Medicine Institute at Children's National, we make sure everything is coordinated smoothly and that your visit is as comfortable as possible.

Before Your Visit

After our care coordinators have identified the specialists you will see during your visit, one of our schedulers will call you to schedule all necessary appointments. We know your time is valuable, so we do our best to schedule all of your appointments for the same day. Your visit may include genetic counseling, diagnostic genetic testing or imaging studies, visits from specialists specific to your needs, and discussion of treatment options moving forward.

Additional information to help you plan for your upcoming appointments can be found at **www.ChildrensNational.org/Fetal-Medicine** on the *Resources for Families* page.

Your Visit

For the safety of our patients, all patients and visitors must check in with a valid photo ID to obtain a visitor ID badge before proceeding to their appointments. If your first appointment is for a fetal MRI or ultrasound, the hospital's welcome desk staff can direct you to the Children's National Division of Diagnostic Imaging and Radiology located on the second floor of the main hospital. If your first appointment is at our institute, the welcome desk staff will direct you to our institute in **Suite M3-119** on the **third floor** of the **main hospital**.

In the institute, you will meet with your care coordinator and scheduled specialists in a private consultation room. Each private room is equipped with a high-definition monitor, which the specialists will use to show and discuss your imaging study results. At the end of the visit, we will summarize the findings from your visit, review our follow-up care recommendations, and ensure we have answered all of your questions.

After Your Visit

Following your visit, we will call your doctor and explain the results and our care recommendations. Consultation reports will be sent to you and your doctor via email or fax within approximately four business days of your visit. In some cases, additional fetal evaluations are recommended during your pregnancy, and our scheduling team will arrange those appointments for you.

Approximately four weeks before your estimated delivery date, our team will send a recommended care plan to you, your referring doctor, your delivery hospital, and your pediatrician. This plan will include any recommended postnatal imaging studies and/or visits, as well as other directions for the labor, delivery, and postnatal periods. Our care coordinators and specialists are always available for follow-up questions.

Frequently Asked Questions

1. How do I contact the Fetal Medicine Institute?

Call 866-476-7409

2. Where is the Fetal Medicine Institute located?

The institute is located in **Suite M3-119** on the **third floor** of the **main hospital** of:

Children's National
111 Michigan Ave NW
Washington, DC 20010

3. Will my insurance cover my fetal care services?

Coverage for fetal care services varies by the insurance plan. In most cases, insurance authorization is required prior to your visit. We will make every attempt to obtain insurance authorization on your behalf; if we are unable to obtain authorization, we will notify you and discuss alternative options.

4. Does the Fetal Medicine Institute perform fetal surgeries?

Currently, fetal surgeries are not performed at the institute. If fetal surgery is warranted based on your evaluation with us, members of the team will discuss possible options and make the appropriate referrals.

5. What tests/paperwork must be sent to the Fetal Medicine Institute before my visit?

When your doctor refers you to our institute, we will ask for the following:

- Demographic information
- Insurance information
- Patient records, including ultrasound reports, first- or second- trimester screening results, amniocentesis or CVS results (if applicable), TORCH titer results (if applicable), any significant family history, and current patient/family contact information

6. How will my referring doctor be notified of my results?

After your visit, a member of our team will call your referring doctor to discuss the visit and any recommendations. A formal report will be sent via email or fax within approximately four business days of your visit.

7. Where will I deliver my baby?

This is up to you and your referring doctor. Should we have specific recommendations about delivery planning following your evaluation with us, we will discuss them with you and your doctor.

8. Does the Fetal Medicine Institute offer interpreter services?

Children's National is committed to assisting with communication between patients and families who may be deaf, hard of hearing, or who may not speak English as their first language. Interpreter services are available for patients and families at no cost, seven days a week, 24 hours a day, for as long as the patient or family needs assistance. Please notify us in advance if an interpreter will be needed.

9. What do I do if I am running late or need to cancel my appointment?

Call the institute at 866-476-7409 and inform the staff as soon as possible. Our phones are answered Monday through Friday from 7 am to 6 pm.

Contact Us

Telephone:

- In the Washington, DC, area: **202-476-7409**
- Toll free: **866-476-7409**

Fax: 202-476-5897

Email: FetalMedicine@ChildrensNational.org

Mailing Address:

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111 Michigan Ave NW, M3-119
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