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High Risk Pregnancy Clinic

What is High Risk Pregnancy (HRP)?

A high risk pregnancy is a condition during pregnancy that threatens the health and life of the mother and/or fetus. A high risk pregnancy needs special care, follow up and management.

What are the aims of High Risk Pregnancy Clinic?

To provide education, surveillance and management of pregnancies at risk.

To provide Multi-disciplinary Team (MDT) approach in managing the high risk pregnancies.

To provide advanced facilities for managing and delivering the high risk pregnancies.

Who falls in the category of High Risk Pregnancy?

Pregnant women who seek consultation at our hospital are categorized under high risk Pregnancy considering the below mentioned factors and are then enrolled in HRP clinic:

- * Past obstetric outcomes like recurrent pregnancy loss, bad obstetric history, previous preterm delivery, previous still birth and neonatal death.
- * Events occurring during the present pregnancy like growth restriction, tendency for premature delivery and bleeding or leaking of liquor per vaginum, oligohydramnios, polyhydramnios.
- * Medical diseases complicating pregnancy like high blood pressure, diabetes, hypothyroidism, hyperthyroidism, heart disease, liver disorders, kidney diseases, anaemia,

obesity, thrombophilias, systemic lupus erythematosus, other collagen vascular diseases etc.

* Surgical disorders complicating pregnancy like fibroid uterus, previous history of myomectomy, previous classical caesarean section, ovarian cyst, renal and ureteric calculi, recent bariatric surgery etc.

* Extremes of age like elderly gravida and adolescent pregnancy.

* Multi-fetal gestations like Twins or Triplets with or without associated complications.

* Special situations like pregnancy after renal transplant.

What is the advantage of High Risk Pregnancy Clinic?

* Multi-disciplinary Team (MDT) approach is followed involving the Consultant Obstetrician, HR P Clinic Coordinator, Pediatricians, Neonatologist, Radiologist, Fetal Medicine Consultant and other specialists like Physician, Endocrinologist, Cardiologist, Hematologist, Nephrologist, Rheumatologist, Gastro-enterologist etc. according to the individual case scenario.

* All specialists under one roof consulting as a team.

* A multi-disciplinary team involves a range of health professionals working together to deliver comprehensive patient care.

What are the Investigations and Services offered?

- * Genetic counselling
- * Pre-conceptual counselling
- * Prenatal screening and

diagnosis with facilities which include biochemical marker screening like double marker, quadruple marker test; advanced ultrasound for the detection of fetal anomalies like NT scan and a detailed malformation scan, fetal 2D Echo whenever required; advanced procedures like chorionic villous sampling, selective fetal reduction, amniocentesis, fetal blood sampling, intrauterine transfusion, fetal therapy; other special investigations like karyotype and microarray for products of conception etc.

* Extensive ante-partum and intra-partum fetal surveillance

* State of the art LDRP suites, Labour Room, Blood bank and well equipped Operation Theatre

* NICU with advanced neonatal care

How do we monitor a High Risk Pregnancy

* Monitoring includes more frequent visits to the doctor, routine blood tests, tests to monitor the medical problems, specific tests and procedures, several ultrasound examinations (routine and special) and fetal monitoring.

How does High Risk Pregnancy differ from normal pregnancy?

- * Frequent antenatal visits
- * Close monitoring of maternal and fetal well being
- * Special investigations (other than the routine) and management of risk factors
- * Multi-disciplinary Team Approach