Our board-certified neonatologists have completed advanced training in the care of premature and ill newborns. The neonatologists are on site 24 hours-a-day and work closely with dedicated neonatal nurses, practitioners, respiratory therapists and other medical professionals to foster the best possible outcomes for infants needing special care.

**Surgical Services for Babies**

Subspecialist physicians are also available in a number of areas such as neurology, cardiology and surgery. The NICU has extensive experience in managing neonatal surgical problems. These include:

- Intestinal perforations (the tearing of the intestine, which could lead to intestinal contents leaking into the abdominal cavity)
- Bowel malrotations (the twisting of the intestine that causes obstruction to part of the stomach)
- Esophageal atresias (the absence or closure of the esophagus)
- Gastrochisis (an abnormality — defect or hole — in the abdominal wall that allows the abdominal contents to protrude outside the body)
- Omphalocles (protrusion of the intestine and omentum [fat-filled sac covering the small intestine] through a hernia in the abdominal wall near the navel)
- Many other less serious conditions

**Specialized care for mothers and babies**

St. Peter’s Health Care Services, a comprehensive, integrated system of care, is the Capital Region’s largest provider of health care services.

St. Peter’s Hospital is proud to be designated a national Magnet® Hospital for consistent excellence in nursing services. St. Peter’s has also been ranked among an elite group of hospitals nationwide as a Distinguished Hospital for Patient Safety®, Top 100 Cardiovascular Hospital, Top 100 Stroke Hospital and Top 100 Hospital for overall clinical services.

St. Peter’s continues to set the pace for health care innovations. We are 5,000 professionals who know that technology is critical to treatment, but compassion is the key to healing.

For More Information

We hope this brochure has answered some of your questions. If you would like more information about our services, you can contact us at the following phone numbers:

Maternal Fetal Medicine: 475-7000
Birthing Services: 525-1388
Neonatal Intensive Care: 525-1394

St. Peter’s Women’s & Children’s Services
A Member of St. Peter’s Health Care Services

The science of medicine.
The compassion to heal.
When you learn that you may need specialized pregnancy care, the medical professionals at St. Peter’s stand ready to meet your unique needs.

Our experienced physicians, nurses and staff work together as a team to provide you and your baby with high-quality, compassionate care.

St. Peter’s Women’s & Children’s Services offers a complete range of health care services for women and babies including:

- Comprehensive prenatal care through our network of physicians
- A warm, homelike birthing center
- High-risk pregnancy care for those experiencing complications
- Dedicated obstetrical operating suites
- Advanced neonatal intensive care with board-certified neonatologists on-site
- A full complement of educational classes on childbirth and parenting
- And much more…

This brochure provides a brief, general overview of some of the specialized services we offer to mothers-to-be and their babies. You should talk with your health care provider about your questions and concerns.

What Is A High-Risk Pregnancy?
Some women experience difficulty in getting pregnant or carrying a baby to full-term. Others are identified as, or suspected of, having complications.

The term “high-risk” is a general term used to describe a pregnancy where the patient has a pre-existing condition, or has experienced complications during pregnancy or birth. This may be with the mother, the baby or both. Some of these complications can be minor and treatable, and others are more complicated.

When your obstetrician recommends a consultation with a maternal fetal medicine specialist or a Level 2 ultrasound, our experts are here to help you. We understand the concern that exists for families faced with a high-risk pregnancy. Our goal is a healthy mother and baby.

Types of High-Risk Pregnancies
Your pregnancy may be high-risk, for example, if:

- You are over 35, and therefore, have an increased risk of giving birth to a child with a chromosomal anomaly (a change in the normal structure or number of chromosomes, often resulting in physical or mental abnormalities).
- You have a history of gynecological problems such as pelvic inflammatory disease (PID), endometriosis, or large symptomatic fibroids.
- You have a history of pregnancy loss (miscarriage, ectopic pregnancy or stillbirth) or premature birth.
- You are pregnant as a result of assisted reproductive technologies (which may put you at increased risk of giving birth to a child with a chromosomal anomaly, having a multiple pregnancy).
- You have had two to three years of additional formal education and clinical experience. The specialist has advanced knowledge of the obstetrical, medical, genetic and surgical complications of pregnancy and their effects on the mother and baby. They have advanced training in dealing with complex diagnostic and therapeutic procedures during pregnancy.
- You have a pre-existing medical condition.

Medical Conditions Affecting Pregnancy
Using a collaborative approach, our team provides care for women whose pregnancies are complicated by pre-existing medical conditions or chronic diseases such as:

- Insulin dependent diabetes
- Hypertension
- Hyperthyroidism
- Auto-immune diseases
- Bleeding/clotting disorders
- Diabetes
- Renal (Kidney) disease
- High blood pressure (hypertension, preeclampsia)
- Multiple gestations (twins, triplets, etc.)
- Prior preterm delivery, preterm labor
- Fetal abnormalities (problems with the baby)
- Medical complications along with pregnancy (heart disease, sickle cell disease, lupus, thyroid disease, HIV)

What Is Maternal Fetal Medicine?
Maternal Fetal Medicine (MFM) is a specialized program dedicated to helping women who experience a high-risk pregnancy.

The maternal fetal medicine specialist is an OB/GYN who has two to three years of additional formal education and clinical experience. The specialist has advanced knowledge of the obstetrical, medical, genetic and surgical complications of pregnancy and their effects on the mother and baby. They have advanced training in dealing with complex diagnostic and therapeutic procedures during pregnancy.

In most cases the maternal fetal medicine specialist will be acting as a consultant to the OB/GYN, who will continue to provide pregnancy care. However, in some cases, a transfer of care to the maternal fetal medicine specialist may be necessary.

Our Expertise
Women who face complications during their pregnancy can rely on the expertise of St. Peter’s Maternal Fetal Medicine program. Our staff is certified by both the Fetal Medicine Foundation and Maternal Fetal Medicine Foundation to perform nuchal translucency evaluations. (These evaluations are the most current examination to screen for Down Syndrome during the first trimester.)

When You Need A Level 2 Ultrasound
Most expectant mothers have at least one fetal ultrasound. A Level 2 ultrasound examination is recommended when the physician wants a more targeted examination of a suspected abnormality in the fetus. An ultrasound allows your practitioner to gather important information about the progress of your pregnancy and your baby’s health.

Our Maternal Fetal Medicine site and staff are certified by the American Institute of Ultrasound in Medicine (AIUM) to perform ultrasound examinations, including first trimester evaluations, and detailed 4D screenings. Such technology makes it possible to diagnose a number of treatable anomalies of a baby’s gastrointestinal tract, cardiovascular system and urinary tract.

Specialized Care for Babies
When your newborn has special needs (prematurity, respiratory distress, birth defects, vision problems), our Level 3 Neonatal Intensive Care Unit (NICU) utilizes state-of-the-art technology to provide optimal medical care for your baby.