



Prenatal Plan

The following outlines the **terms and conditions of FirstMed's Prenatal Plan**. By purchasing this Plan, you acknowledge and agree to the specific coverage and limitations defined within the terms and understand what is included and excluded.

FirstMed's Prenatal Plan provides more than just women's health care. It includes carefully selected visits, physical examinations, laboratory tests, and ultrasounds essential for a healthy pregnancy.

Your gynecologist will give you a **schedule for your prenatal visits**. If you are healthy and there are no complicating risk factors, you can expect to see your doctor:

- monthly, during your first six months of pregnancy,
- every two weeks, during the seventh and eighth month of pregnancy,
- weekly in the ninth month of pregnancy.

At the examinations, your doctor will **track your weight and blood pressure**. We may also measure the **size and shape of your uterus** to determine whether the baby is growing and developing healthily. We ask you to provide a urine sample for sugar and protein tests at most visits.

Diabetes screening takes place between the 24th and 28th week or earlier in the 12th week for women who are at higher risk of having gestational diabetes (diabetes that occurs during pregnancy).

Genetic Ultrasound (US scan): This detailed scan during the 19-20th week checks for possible physical problems (abnormalities) in your baby. It may not detect every problem; we respect it if you choose not to perform this test. Ultrasound scans use sound waves to make a picture of the baby in the womb. It is a helpful tool to:

- monitor the baby's growth and development;
- record the fetal heartbeat or breathing movements;
- check if you are carrying more than one baby;
- identify various abnormalities that may affect the remainder of the pregnancy or delivery.

During the visits, you can **discuss your questions and concerns** with your doctor, such as

- healthy nutrition and physical activity throughout the pregnancy,
- what to expect during the birth process, and
- fundamental skills for caring for your newborn.

FirstMed's Prenatal Care provides significant tests during pregnancy that can help predict the likelihood, or even detect the presence, of specific developmental or chromosomal abnormalities in the fetus. Furthermore, it helps detect and prevent potential problems early so we may direct you to appropriate specialists and hospitals.

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Your health
comes first!

Stages of Pregnancy and Examinations Included in the Prenatal Plan

Stage / weeks	Examinations
Initial visit	Initial Obstetric (OB) evaluation, history, and physical exam
	Transvaginal ultrasound (US) scan
8-10	Follow-up OB visit + consultation on genetic testing.
	<i>Internist exam with EKG</i>
	<i>Vision exam</i>
	<i>Dental exam</i>
	Pregnancy Panel – lab tests: PAP smear, vaginal culture, chlamydia, ABO/Rh antibody screen, CBC – complete blood count, iron studies, liver function test, thyroid function tests, cholesterol, HIV, HbsAg, VDRL – syphilis, TORCH, kidney function test, glucose test
12	Follow-up OB examination
	Urinalysis
	Genetic ultrasound (US) + blood test
	Further exams/screenings at additional cost: Preeclampsia screening, PrenaTest®, SMA screening*
16	Follow-up OB examination
	Urinalysis
	Weight, Blood pressure measurement
19-20	Genetic US scan + Urine strip, Blood pressure
	Fetal electrocardiography – further exam at an external facility, available at additional cost*
24	Urinalysis
	Weight, Blood pressure
	US scan + 4D if possible
	Lab tests (Glucose Tolerance Test, CBC) + liver function test, kidney function test, urine, blood group + antibody screening
28	Follow-up OB examination
	Limited US
	Urinalysis
	Weight, Blood pressure
30	Follow-up OB examination
	3rd trimester US screening
	Urinalysis
	Weight
34	Follow-up OB examination
	Urinalysis
	Weight, Blood pressure
36	Follow-up OB examination
	Lab tests (Alk Phos., Bilirubin total, SGOT/AST, SGPT/ALT, potassium, sodium, total protein, glucose fast, CBC, PT/INR, vaginal culture (Strep B), ABO, Rh, antibody screen), Fibrinogen, LDH, albumin, kidney function
36-41	Follow-up OB examination
	Urinalysis
	Weight
	Flowmetry US (as needed between 37th and 39th week)
37-40	CTG examination (non-stress test)
After delivery	Pediatric visit
	Postpartum OB visit at 6 weeks

Prenatal Plan price: HUF 849,000

***Further examinations (not included in the plan price):**

- PrenaTest®: HUF 244,000
- Preeclampsia screening: HUF 22,000
- SMA screening: HUF 16,700
- Fetal echocardiography: HUF 60,000 (provided at an external facility)

Valid from March 13, 2024, until further notice.

If you have any questions, feel free to contact our sales team at sales@firstmedcenters.com