A QUICK GUIDE TO *pregnancy* AFTER AGE 35

Whether this is your first pregnancy or you've had a baby before, being age 35 or older does not automatically mean you'll need specialized care. Your obstetrician (OB) can help determine whether additional support from a maternal-fetal medicine specialist may benefit you during your pregnancy.

Here's a snapshot of what to expect along the way.

EARLY CARE

- Confirm your pregnancy
- Review your health and pregnancy history
- Discuss medications and health conditions
- Establish your prenatal care plan

PREGNANCY CARE

- Routine prenatal visits to check your health and well-being and baby's development
- Prenatal labs and screenings
- Discuss genetic screening options
- Possible referral to maternal-fetal medicine



ONGOING MONITORING

- Continue routine prenatal appointments
- Monitor your health and baby's growth
- Begin conversations about delivery

PREPARING FOR DELIVERY

- More frequent prenatal visits with OB
- Discuss labor and when to go to the hospital
- Finalize your birth plan



AFTER BABY ARRIVES

- Postpartum follow-up
- Monitor physical and emotional recovery
- Review your health needs and care
- Ongoing gynecologic care

Why you may be referred to maternal-fetal medicine:

- You're age 35 or older
- Current pregnancy-related condition
- Personal or family medical history
- Prenatal screening or ultrasound results
- Previous pregnancy complication
- Pregnant with twins or multiples

Learn more at **NortonMom.com** or by calling our Welcome to Pregnancy Connection Line at **(502) 559-2229 (BABY)**.

NORTON WOMEN'S CARE

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