



Preparing the way for a healthy pregnancy and healthy babies



Texas Children's Fetal Center
Program for Multiples
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Congratulations on your pregnancy – and what a special pregnancy you're having! As an expecting mother carrying more than one baby, your body's needs – and your babies' needs – are different from those in a singleton pregnancy. At Texas Children's Fetal Center, we've created a service just for you to help support your pregnancy and your health: The Program for Multiples.

EXPERT INSIGHT FOR YOU AND YOUR BABIES DURING THEIR MOST CRUCIAL TIME OF DEVELOPMENT

The only program of its kind, our Program for Multiples is an evidence-based medical consultative service designed to supplement your prenatal care from your obstetrical provider (OB/GYN, Maternal Fetal Medicine physician and/or midwife).

Built upon the depth and breadth of fetal medicine expertise at Texas Children's Fetal Center, our program sees women during the first ten to 18 weeks of pregnancy to offer a comprehensive, single-day consultation and a customized health plan you can use right away to help support your and your babies' health.

Our premier program is grounded in the proven practices and latest standards of care in maternal fetal medicine, fetal imaging, nutrition for pregnancies with multiple babies and genetic counseling.

ONE DAY CONSULTATION FOR A COMPREHENSIVE ASSESSMENT

In a single visit to our program, you will meet with a maternal fetal medicine specialist, a certified genetic counselor and a registered dietitian, as well as receive a complete assessment including a medical and nutritional plan designed for you and your babies to support you throughout your pregnancy.

Our same-day assessment includes:

- **Comprehensive ultrasound** – an enhanced, specialized ultrasound to determine key markers for potential risk conditions in pregnancies with two or more babies.

- **Genetic counseling and testing** – a thorough evaluation of genetic health and risk factors, conducted in association with certified genetic counselors at Baylor College of Medicine.
- **Personalized nutritional assessment by a registered dietitian** – a unique nutritional plan for each patient based on her particular needs from a registered dietitian specializing in women pregnant with two or more babies. As new research shows a relationship between nutrition during the first trimester of pregnancy and newborn health after delivery, nutritional counseling is always beneficial – and even more so in a pregnancy where there are two or more babies.
- **Maternal fetal medicine consultation** – a comprehensive assessment and risk profile, including potential for complications and level of risk for each pregnancy. Our specialists can also provide experienced guidance for medical intervention if appropriate or if needed. Both you and your prenatal care provider receive a personalized plan of action for your pregnancy.

EXPERTS IN FETAL CARE

Our expert team has extensive experience evaluating, diagnosing and treating the most complex fetal conditions, especially those related to multiple gestations. Their expertise is why this one-day consultative service can help you have the healthiest pregnancy possible, and they are available to help you should an issue arise.

The experts at the Program for Multiples offer a one-day comprehensive consultative service; it is not intended to replace normal obstetric care.

CALL FOR AN APPOINTMENT TODAY

We look forward to helping you have the healthiest possible pregnancy – and babies!

We accept physician- and self-referrals, as well as most insurance plans.