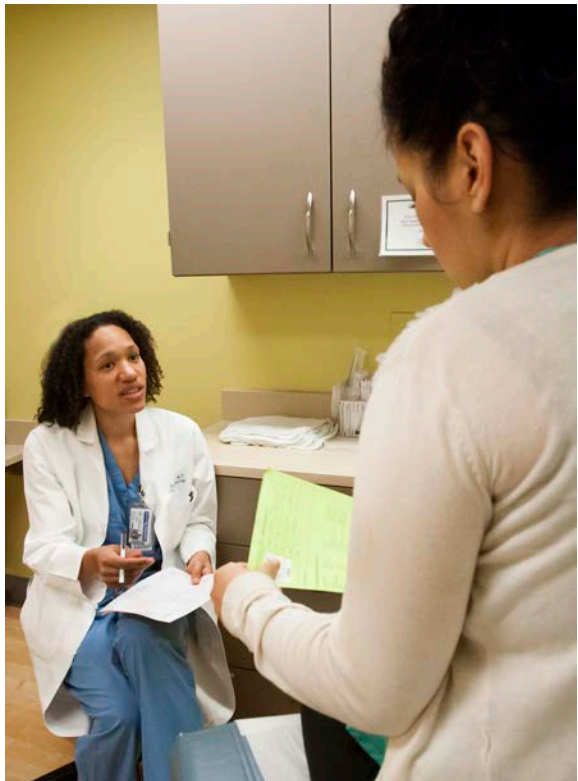


UW Medicine

If You Have a High-Risk Pregnancy

We're here to help

This brochure explains services and providers at 2 UW Medicine clinics: the Maternal and Infant Care Clinic at UW Medical Center (UWMC) and the Maternal Fetal Medicine Clinic at Valley Medical Center.



What is a high-risk pregnancy?

Your pregnancy is called “high-risk” if you or your baby has an increased chance of having a health problem during or after your pregnancy. You may have a high-risk pregnancy if:

- You are underweight or overweight
- You will be over 35 years old at delivery
- You have had a baby with birth defects
- You have a family history of birth defects or a genetic condition
- You have had complications, premature labor, premature deliveries, or miscarriages with other pregnancies
- You have diabetes or had diabetes, high blood pressure, or preeclampsia during other pregnancies
- You have other medical conditions for which you are seeing a specialist, such as heart disease, Crohn’s disease, thyroid condition, kidney condition, or seizure disorder
- You have or have been exposed to certain types of infection, such as HIV or hepatitis C
- Your current pregnancy has an abnormal ultrasound or genetic testing

What should I do if I have a high-risk pregnancy?

If your healthcare provider has told you that you have a high-risk pregnancy, it doesn’t mean you or your baby will have problems. It does mean that it is very important for you to work with maternal fetal medicine specialists who can give you and your baby the extra attention you need for a successful and healthy pregnancy and birth.

What can I expect at my clinic visit?

When you come to the clinic, our friendly and helpful front desk staff will greet you. Your medical assistant will take you to a consult room and your obstetrician or nurse practitioner will meet with you.

During all stages of your pregnancy, our healthcare team will support you. Depending on your needs, this may include:

- Nurse services
- Genetic counseling
- Social work services
- Nutrition consults
- Lactation services

You will also be able to sign up for childbirth education classes and a tour of Labor & Delivery. Our goal is to provide you with a wonderful experience and the highest quality of care.



Who will I see at the clinic?

UW Medicine has many maternal fetal medicine specialists, as well as other care providers who specialize in taking care of you and your baby. All of our providers are experts in all high-risk pregnancies.

Here are some of the providers you may see at the clinic and their main areas of interest:



Catherine Albright, MD

Maternal/Fetal Critical Care, Infectious Disease in Pregnancy



Zane Brown, MD

Diabetes in Pregnancy



Suchitra Chandrasekaran, MD

Maternal Hypertension, Diabetes and Maternal Obesity in Pregnancy



Edith Y. Cheng, MD

Maternal/Fetal Genetics, Fetal Anomalies (imaging, treatment), Maternal Heart Disease, Cystic Fibrosis



Shani S. Delaney, MD

Maternal/Fetal Genetics, Fetal Anomalies (imaging, treatment), Maternal Heart Disease



Thomas R. Easterling, MD

Maternal Hypertension, Heart Disease, Kidney Disease, Organ Transplant



Michael G. Gravett, MD

Prematurity Prevention, Infectious Disease in Pregnancy



Jane E. Hitti, MD

HIV in Pregnancy, Prematurity Prevention



Joseph Hwang, MD
High-risk Obstetrics, Fetal
Ultrasound



Gene Lee, MD
Diabetes in
Pregnancy, High-risk
Obstetrics



Kim Ma, MD
Maternal/Fetal Genetics,
Fetal Anomalies (imaging,
treatment), Pregnancy
and Cancer,
Cardiovascular Disorders,
Oncofertility



**Raj Swati Shree,
MD**
High-Risk Obstetrics,
Maternal
Autoimmune
Disorders



**Alyssa Stephenson-
Famy, MD**
Multiple Gestations,
Prematurity Prevention



**Colleen Brown,
ARNP**
Maternal
Hypertension,
Diabetes, Prenatal
Genetics



Emily Holing, ARNP
Diabetes in Pregnancy



**Darcy King, CNM,
ARNP**
High-Risk Obstetrics,
Diabetes in
Pregnancy

How do I make a clinic appointment?

To make your appointment at:

- **Maternal and Infant Care Clinic at UW Medical Center**, call **206.598.4070**. To learn more about the clinic, our services, and our specialists, visit www.uwmedicine.org/locations/maternal-and-infant-care-uwmc.
- **Maternal Fetal Medicine Clinic at Valley Medical Center**, call **425.656.5520**. To learn more about the clinic, our services, and our specialists, visit www.valleymed.org/maternal-fetal-med.

How do I find the clinics?

UW Medical Center

1959 N.E. Pacific St., Seattle, WA 98195

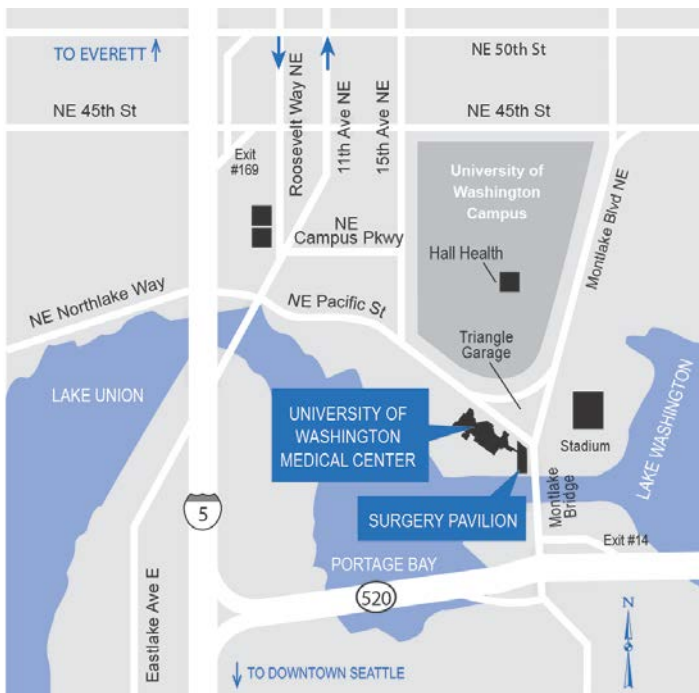
The **Maternal and Infant Care Clinic** is on the main level (3rd floor) of UWMC. After you go through the main hospital entrance, turn right. After you pass the Regional Heart Center on your left, turn left down the next hallway. Then turn right to find the clinic.

Driving from I-5:

- Take Exit #168B (Bellevue /Kirkland) onto SR 520 East.
- Take the first exit to Montlake Blvd.
- Turn left onto Montlake Blvd. Go across the Montlake Bridge.
- At the traffic light, 2 lanes turn left onto N.E. Pacific St. **You should be in the right lane of the 2 left-turn lanes.**
- From N.E. Pacific St., turn right at the second “Patient Parking” sign onto N.E. Pacific Place. Then turn right into the Triangle Parking Garage. You will go to the medical center through a pedestrian tunnel.

Driving from the East (SR 520 Westbound):

- Exit at Montlake Blvd. Go north across the Montlake Bridge.
- At the traffic light, 2 lanes turn left onto N.E. Pacific St. **You should be in the right lane of the 2 left-turn lanes.**
- From N.E. Pacific Street, turn right at the second “Patient Parking” sign onto N.E. Pacific Place. Then turn right into the Triangle Parking Garage. You will go to the medical center through a pedestrian tunnel.



Area map for University of Washington Medical Center

Valley Medical Center

4033 Talbot Road S, Suite 450, Renton, WA 98055

The **Maternal Fetal Medicine Clinic** is on the 4th floor. Take the 3rd floor sky bridge from the North Parking Garage to the Medical Arts Center. Take the lobby elevators to the 4th floor.

Driving from I-5:

Take I-405 North to Route 167 South (Kent/Auburn).

- Take the first exit for South 180th Street.
- Turn left off the ramp onto E. Valley Road.
- At the next light, turn left onto South 180th Street. S 180th Street becomes South 43rd Street.
- Take the first right onto Davies Ave. S.
- Take the first right onto the service road.

- Follow the road under the South 43rd Street overpass, up a short hill, and to the far north end of the road. Turn right.
- Park in the North Parking Garage (to the left).

Driving from Route 167 Northbound:

- Take the 43rd Street exit.
- Turn right off the ramp. Take the first right onto Davies Ave. S.
- Take the first right onto the service road.
- Follow the road under the South 43rd Street overpass, up a short hill, and to the far north end of the road. Turn right.
- Park in the North Parking Garage (to the left).



Area map for Valley Medical Center