

# PREGNANCY AND CHILDBIRTH

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UW Medicine provides full, personal care for women at every stage of pregnancy, from before conception to after delivery. We work with each woman to ensure best outcomes for both mother and child.

## Pregnancy Care Providers

Choosing a care provider for pregnancy is a personal decision. Many women choose an obstetrician-gynecologist to manage their pregnancy and delivery. Others may want a midwife or family medicine doctor to care for them. Some women may need a specialist who can handle certain pregnancy conditions.

### Obstetrician-Gynecologists

(OB/GYNs) are doctors and surgeons with special training in obstetrics, gynecology and

women's health. They provide full obstetric care and delivery services. They are able to care for women who have problems in their pregnancy. They also may provide cesarean delivery or assisted vaginal delivery (using vacuum or forceps) if needed.

### Nurse Midwives

Certified nurse-midwives (CNMs) provide care to healthy women during pregnancy and birth and after delivery. CNMs also provide simple gynecologic and family planning services to all women. Midwives teach women how to enhance their health and well-being. They support women through natural labor using massage, water immersion, music and a calm environment. If needed, they also offer pain medicines, including epidurals. Midwives are trained to recognize problems and can refer women to other specialists.

### Family Medicine with Obstetrics

Family medicine doctors provide obstetric and prenatal care. They also care for family members of all ages. They may provide labor and delivery services, and primary care for both the new baby and the mother after delivery. These doc-

tors work with specialists if patients have more complex health needs.

### Maternal Fetal Medicine Specialists

Maternal fetal medicine specialists care for women at risk for preterm birth and women with conditions such as diabetes, hypertension (high blood pressure) and diseases of the heart, kidneys, lungs and immune system. They also provide prenatal screening, counseling and diagnosis if there are concerns about genetic problems.

### Labor and Delivery Services

UW Medicine is dedicated to patient and family centered care during labor, birth and recovery. We respect each woman's birth plan and provide many care options.

Northwest Hospital & Medical Center, UW Medical Center and Valley Medical Center offer private and roomy suites for your comfort during and after giving birth. We invite you to take an in-person tour of our facilities before choosing where to have your baby.



Current tour information can be found at each facility's website:

The Birth Center  
at Valley Medical Center  
[valleymed.org/birth](http://valleymed.org/birth)

Northwest Hospital  
Childbirth Center  
[nwhospital.org/childbirth](http://nwhospital.org/childbirth)

UW Medical Center  
[uwmedicine.org/women](http://uwmedicine.org/women)

## Neonatal Intensive Care Units (NICU)

For more than 50 years, UW Medicine has offered the highest level of care to mothers and babies at risk for problems before and after birth.

UW Medical Center's neonatal intensive care unit (NICU) was the first in the region. Now a Level IV NICU, UW Medical Center NICU provides expert care around the clock. It serves infants born under 32 weeks, newborns who have complex health issues and babies who need surgery for problems caused by prematurity and birth defects. The NICU includes single family rooms with parent sleep space, a family lounge, parent mentor and sibling programs, developmental physical therapy, and speech services.

Valley Medical Center has the only Level III NICU between Seattle and Tacoma. Neonatology specialists are on staff 24 hours a day. Valley staff provides developmental care, leading to more positive outcomes for infants. Families may stay in their newborn's room.

The Northwest Hospital Childbirth Center's Level II nursery provides newborn care and short-term care for ill newborns or preterm infants born after 32 weeks. Nurses at the center have special training in intensive newborn care. Neonatology specialists are on call 24 hours a day.

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## Special Programs and Services

UW Medicine offers special programs for pregnant women who may be at high risk for problems. Ask your provider which services are offered at your facility.

### Diabetes and Pregnancy Program

This program offers full prenatal care to women with type 1 and type 2 diabetes, women who develop diabetes during pregnancy (gestational diabetes), and women with diabetes who are thinking about having a child. Specialists provide treatment, counseling, education and blood sugar control methods.

### Hypertension and Pregnancy Program

This program offers evaluation, counseling and monitoring to women with hypertension who are thinking about having a child or are already pregnant. Care goals include blood pressure control and lowering the risk of problems during pregnancy. Women have best outcomes when they are evaluated and treated before they become pregnant.

### Prematurity Prevention & Multiple Births Programs

These programs offer early evaluation, education and treatment for women who are at risk for preterm labor or birth, and for those who are pregnant with multiples (twins or more). The programs also offer consults and treatment to women who have lost more than one pregnancy.

### Prenatal Diagnostic Services

Maternal fetal medicine doctors and genetic counselors are experts in finding fetal problems that can be diagnosed before birth. Services such as prenatal screening, fetal diagnostic testing and full prenatal genetic counseling help parents make decisions about current and future pregnancies.

### Viral Illness Program

This program provides care for women who are planning to have a child or who are already pregnant, who have infections that can be passed on to their baby. These infections include HIV, herpes simplex and hepatitis.





## Childbirth Education Classes

UW Medicine partners with the Great Starts program of Parent Trust for Washington Children to offer classes on pregnancy and early months of parenting. To learn more or to register, call Great Starts at 206.789.0883 or visit [parenttrust.org](http://parenttrust.org).

## Research

UW Medicine is a leader in research to help prevent and treat diseases that affect pregnant women and their babies. Families who want to help with this research may take part in clinical studies.

## Healthcare Provider Referrals

Healthcare providers can refer patients directly to our UW Medicine providers for all levels of obstetric care. For urgent needs, providers can call MedCon at 800.326.5300 to consult with a UW Medicine provider. This service answers calls 24 hours a day, 7 days a week. Providers can also call the UW Medicine Transfer Center at 888.731.4791 to transfer a patient to one of our facilities.

## Family Medicine with Obstetrics

Covington Clinic South | Primary Care  
27500 168th Place S.E.  
Covington, WA 98042  
253.395.1960

Fairwood Clinic | Primary Care  
14410 S.E. Petrovitsky Rd.,  
Suite 104  
Renton, WA, 98058  
425.656.4242

Family Medicine Clinic at Harborview  
401 Broadway  
Seattle, WA 98104  
206.520.5000

Highlands Clinic | Primary Care  
3901 N.E. 4th St., Suite 105  
Renton, WA 98056  
425.656.5500

Maple Valley Clinic | Primary Care  
26458 Maple Valley  
Black Diamond Rd. S.E.  
Maple Valley, WA 98038  
Phone: 425.656.5577

UW Neighborhood Factoria Clinic  
13231 S.E. 36th St., Suite 110  
Bellevue, WA 98006  
425.957.9000

UW Neighborhood  
Kent/Des Moines Clinic  
23213 Pacific Highway S.  
Kent, WA 98032  
206.870.8880

UW Neighborhood Northgate Clinic  
314 N.E. Thornton Place  
Seattle, WA 98125  
206.528.8000

UW Neighborhood Ravenna Clinic  
4915 25th Ave. N.E., Suite 300-W  
Seattle, WA 98105  
206.525.7777

UW Neighborhood Shoreline Clinic  
1355 N. 205th St.  
Shoreline, WA 98133  
206.542.5656

UW Neighborhood Woodinville Clinic  
17638 140th Ave. N.E.  
Woodinville, WA 98072  
425.485.4100

Valley Family Medicine Clinic  
Valley Professional Center  
3915 Talbot Rd. S., Suite 401  
Renton, WA, 98055  
425.656.4224



## Labor and Delivery

The Birth Center  
at Valley Medical Center  
400 South 43rd St.  
Renton, WA 98055  
206.575.2229 (BABY)

Northwest Hospital  
Childbirth Center  
1550 N. 115th St.  
Seattle, WA 98133  
206.368.1784

UW Medical Center  
1959 N.E. Pacific St.  
Seattle, WA 98195  
206.598.4070



## Maternal Fetal Medicine

Maternal and Infant Care Clinic  
at UW Medical Center  
1959 N.E. Pacific St.  
Seattle, WA 98195  
206.598.4070

Maternal Fetal Medicine Clinic at  
Valley Medical Center  
4033 Talbot Rd. S., Suite 450  
Renton, WA, 98055  
425.656.5520

UW Medicine Maternal Fetal Medicine  
Clinic located in Arlington  
3823 172nd St. N.E.  
Arlington, WA 98223  
844.657.4532

UW Medicine Maternal Fetal Medicine  
Clinic at Yakima Valley Memorial  
Hospital  
3003 Tieton Drive, Suite 240  
Yakima, WA 98902  
855.464.6298

## Midwifery

Midwives Clinic  
at Valley Medical Center  
4033 Talbot Rd. S., Suite 440  
Renton, WA, 98055  
425.656.5321

Northwest Hospital Midwives Clinic  
10330 Meridian Ave. N., Suite 190  
Seattle, WA 98133  
206.368.6670

## Obstetrics

Hall Health Center  
4060 East Stevens Way  
Seattle, WA 98195  
206.685.1011

Maternal and Infant Care Clinic  
at UW Medical Center  
1959 N.E. Pacific St.  
Seattle, WA 98195  
206.598.4070

Meridian Women's Health  
*(three locations)*  
10330 Meridian Ave. N., #200  
Seattle, WA 98133  
206.368.6644

1560 N. 115th Street, Suite 212  
Seattle, WA 98133  
206.368.6644

1455 N.W. Leary Way, #250  
Seattle, WA 98107  
206.520.5000

Neighborcare Health at  
Columbia City  
4400 37th Ave. S.  
Seattle, WA 98118  
206.461.6957

UW Neighborhood Ravenna Clinic  
4915 25th Ave. N.E.  
Seattle, WA 98105  
206.525.7777

UW Neighborhood Shoreline  
Clinic  
1355 N. 205th St.  
Shoreline, WA 98133  
206.542.5656

Valley Women's Healthcare  
Clinic | Auburn  
1 East Main St., Suite100  
Auburn, WA, 98002  
253.939.9654

Valley Women's Healthcare  
Clinic | Covington  
16850 S.E. 272nd St.  
Covington, WA 98042  
253.939.9654

Valley Women's Healthcare Clinic | Kent  
24920 104th Ave. S.E.  
Kent, WA 98030  
253.939.9654

Valley Women's Healthcare  
Clinic | Renton  
4033 Talbot Rd. S., Suite 460  
Renton, WA 98055  
425.656.4090

Women's Clinic at Harborview  
325 9th Ave.  
Seattle, WA 98104  
206.520.5000

Women's Health Care Center  
at UW Medical Center - Roosevelt  
4245 Roosevelt Way N.E.  
Seattle, WA 98105  
206.598.5500

UW Medicine

[uwmedicine.org/women](http://uwmedicine.org/women)