



Lucile Packard  
Children's Hospital  
**Stanford**

Johnson Center for  
Pregnancy & Newborn Services

# Fetal and Pregnancy Health Services

Comprehensive, collaborative care for complex fetal problems



**Start Strong** | [startstrongbaby.org](http://startstrongbaby.org)

# Collaborative and Streamlined Care

Learning that an eagerly awaited child may be born with a medical problem can be a very difficult time for expectant parents. Fetal and Pregnancy Health Services at Lucile Packard Children's Hospital Stanford provides a complete continuum of care for complex fetal patients, expectant mothers, and families.

From evaluation and diagnosis through treatment and community-based follow-up, we are here to help. Our team brings deep expertise, extraordinary care, and support to the most challenging situations before and after the birth of your baby.

This program gives you and your doctor a single point of entry for accessing the outstanding medical and surgical subspecialists at the Johnson Center for Pregnancy and Newborn Services and Lucile Packard Children's Hospital Stanford. Our multidisciplinary approach to streamlined, comprehensive care makes it possible to get information and recommendations to you and your doctor as quickly as possible.

## Leading-Edge Fetal Imaging and Diagnostic Services

Clarifying the fetal diagnosis is critically important to making the right management plan for you and your baby. You will have a series of individualized evaluations, which may include level 2 ultrasound, fetal echocardiogram and fetal MRI. Other screening and diagnostic tests, such as non-invasive prenatal testing, amniocentesis, chorionic villus sampling, fetal blood sampling, and specialized genetic testing, may be offered.

Our coordinators will work with you to arrange appointments at times that are convenient for you. Our medical social work team will help to arrange accommodations for families traveling from a distance.

## Getting the Answers You Need

Once tests have been done to confirm or better understand your baby's diagnosis, you will meet with our Fetal and Pregnancy Health team of experts. They will review and explain all findings, discuss treatment options, answer your questions, and make sure you have the information you need to make the best decision for your family. We believe in family-centered care—patients and families working in partnership with their health care team. You can expect open communication, an active role in decisions about your care, and support during an anxious time.

## Your Fetal Health Care Team

Depending on the diagnosis and needs, your care team may include experts from the following subspecialties:

- Maternal-Fetal Medicine (High Risk Obstetrics)
- Perinatal Genetics
- Neonatology
- Pediatric General Surgery

- Pediatric Cardiology
- Pediatric Cardiothoracic Surgery
- Fetal and Child Neurology
- Pediatric Neurosurgery
- Pediatric Nephrology
- Pediatric Urology
- Fetal Imaging and Pediatric Radiology
- Gynecologic Oncology
- Other medical and surgical subspecialties

Your fetal health care team also includes coordinators, medical social workers and parent mentors.

## Communication and Partnership with Your Obstetrician

Your fetal health care team will communicate with your obstetrician every step of the way, sharing information about scheduled appointments and providing input and recommendations. Many expectant mothers continue to receive care throughout pregnancy from their own obstetrician.

## Care Close to Home

Our goal is to determine what is best for the individual patient, making plans with referring physicians to ensure the best possible outcomes for each mother and baby. When the right resources and facilities for follow-up throughout the pregnancy and for delivery exist near the family, we help to arrange ongoing care close to home by many of the same outstanding teams who provide care at Packard Children's.

Lucile Packard Children's Hospital Stanford has a network of Perinatal Diagnostic Centers in locations throughout the greater Bay Area, including Mountain View, Fremont, Redwood City, Santa Cruz, Palo Alto and Salinas. Working closely with your obstetrician, these satellite facilities help families stay close to home while still receiving ongoing advanced ultrasound imaging, input from Packard Children's maternal-fetal medicine specialists, and genetic counseling in their local areas.

## Delivering Your Baby

Depending on the diagnosis and expected needs of your baby, you may need to be delivered at Lucile Packard Children's Hospital Stanford for your baby to receive immediate intensive care or surgical treatment, or to be evaluated by expert pediatric specialists. If so, as part of your consultations with the Fetal and Pregnancy Health care team, you will be invited to tour our Labor and Delivery unit and the nurseries before your baby is born.

However, in other cases, we may determine along with your doctor that you can safely deliver at your home hospital with follow-up care for your baby provided by experts at Packard Children's or at one of the Stanford Children's Health Network of clinics closer to home.

Our team is committed to close communication with you, your family and your doctor. No matter where you deliver, we will work with you to make sure the best plan is in place for you and your baby, and provide compassion and support every step of the way.

## Fetal Conditions and Diagnoses

Fetal and Pregnancy Health Services evaluates, manages, and treats a wide variety of complex fetal and placental problems in partnership with Placental Disorders Services, and offers highly specialized diagnostic procedures and therapeutic interventions. The following are only a few of the conditions we manage:

- Complex congenital heart disease and heart rhythm disturbances
- Congenital diaphragmatic hernia
- Fetal abdominal masses and bowel obstruction (duodenal and ileo-jejunal atresia, meconium ileus)
- Gastroschisis and omphalocele
- Genetic conditions
- Hydrocephalus, holoprosencephaly and other brain malformations
- Kidney and bladder problems (posterior urethral valves, hydronephrosis, dysplastic kidney)
- Congenital cystic adenomatoid malformation (CCAM)/pulmonary airway malformation (CPAM)
- Neck masses (cystic hygroma, cervical teratoma)
- Spina bifida (myelomeningocele) and other spinal anomalies
- Twin to twin transfusion (TTTS)
- Placental disorders (placenta previa, accreta, increta and percreta)





## Maternal-Fetal Treatments and Interventions

Some rare and severe fetal diagnoses may require specialized treatment and maternal-fetal surgery even before the baby is born. Our Fetal and Pregnancy Health team of experts can provide the most advanced therapy for mother and fetus, including:

- Maternal treatment for fetal cardiac arrhythmias (heart rhythm problems)
- Intrauterine blood and platelet transfusion to treat severe fetal anemia or thrombocytopenia
- Ex-utero intrapartum treatment (EXIT), a specialized delivery process to allow for life-saving intervention for the baby while still connected to the mother and placenta
- Fetal shunt placement to drain fluid collections
- Fetoscopic laser surgery for severe TTTS

## Improving Outcomes through Research

Through its association with Stanford Medicine, our Fetal and Pregnancy Health Services team offers patients the benefit of the latest advances in maternal-fetal, neonatal and pediatric care. Our medical and surgical specialists are research leaders in their fields. Their innovative investigations, put our team at the leading edge of maternal and infant care and outcomes improvement. By bringing together exceptional diagnostic, medical, and surgical expertise in a single team, we offer complete and coordinated care for complex fetal patients and their families, to ensure the best possible outcomes.



## A Special Place for Healing and Hope

Lucile Packard Children's Hospital Stanford is the heart of Stanford Children's Health, and is one of the nation's top hospitals for the care of children and expectant mothers. We deliver innovative care and research through partnerships, collaborations, outreach, specialty clinics and primary care practices at more than 100 locations in the U.S. western region. Learn more at [stanfordchildrens.org](http://stanfordchildrens.org).

## Contact Us

(650) 724-2221

Patient Care Coordinator – Meg Homeyer, MS, CGC  
Administrative Coordinator – Stephanie Neves



# Lucile Packard Children's Hospital Stanford

Johnson Center for  
Pregnancy & Newborn Services

Lucile Packard Children's Hospital Stanford

725 Welch Road

Palo Alto, CA 94304



## Fetal and Pregnancy Health Services

For more information about the specialized care we offer, visit  
[fetalhealth.stanfordchildrens.org](http://fetalhealth.stanfordchildrens.org) or call (650) 724-2221.