



Supporting Your Birth, LLC
2133 W Sharon Ave, Phoenix AZ 85029
480-442-2294
Laura@SupportingYourBirth.com

What's included when I work with Supporting Your Birth?

- In depth initial prenatal visit
- All routine prenatal visits , 45-60 minutes each (every 4 weeks until 28 weeks; every 2 weeks from 28-36 weeks, every week from 36 weeks until birth).
- Initials lab work at Theranos, if you do not use insurance. This includes CBC, blood typing, (including ABO and Rh), with antibody screen; urinalysis; Chlamydia, Gonorrhea and Syphilis screen; Rubella titer; random glucose.
HIV, Hep B and C, H1c and Vit D are optional that you will need to pay if you desire them.
- Postprandial glucose screen at home at 26-28 weeks.
- CBC at 28 weeks to check iron levels and platelets.
- Labor and birth support (includes midwife and assistant).
- Suturing of tears (with lidocaine) if needed.
- First Newborn Screen at 24-48 hours.
- Registration of the birth certificate with Arizona Vital Statistics.
- Private in-home visit from an IBCLC in first week postpartum (2-3 hours).
- All postpartum visits 45-60 minutes each (for home birth, typically 1 day, 3-5 days, 10-14 days if needed, and 5 weeks).

What costs are not included?

- *Pap smear
- *HcG levels in early pregnancy
- Vitamins or supplements
- *Genetic Screening (MSAFP)
- Ultrasound, recommended before 20 weeks, and again at 36 weeks.
- *Perinatal consult(s) for higher risk situations.
- *Non-stress test or BioPhysical Profile to check on baby's wellbeing in utero
- *Costs incurred with a hospital transfer
- Birth Kit (for sterile supplies)
- Supply List (most found at home or Dollar Store)
- Birth pool if desired
- Costs associated with hospital transfer or hospital care
- Vitamin K (injection or oral) and/or *Erythromycin eye ointment if desired
- Recommended Pediatrician visit 1-2 weeks postpartum
- Newborn Hearing Screen

*Uncommon, but possible depending on your history and pregnancy health.

Initial _____