

WELCOME TO OUR PRACTICE

IRIS OBSTETRICS AND GYNECOLOGY

Our practice, **Iris Obstetrics and Gynecology**, is made up of two physicians, Dr. Arielle Franco and Dr. Renata Starr.. The physician who is on call will be doing your delivery/cesarean section and will take care of you in an emergency situation. We cannot guarantee a particular physician will be on call on the day of your delivery. Sometimes we may also need to share our call with physicians who work directly for the hospital, and are therefore not part of our private office. These doctors are called "hospitalists", they are employed directly by Advent Health Celebration. There is a chance that you will have your baby with Dr Franco, or Dr Starr, or one of the hospitalist physicians who is on call.

It is important that you have a working phone number, your voice message is set up properly and that you have a functioning email address so that we can easily communicate with you. Phone numbers with area codes outside of the United States will not be accepted.

We need you to be on time for the appointments, arriving 15 minutes prior to the scheduled appointment time. If you are late there is a high chance that your appointment will need to be rescheduled. If you have to cancel an existing appointment, call us and communicate with us as fast as possible. There will be a "no show fee" of \$50.00 dollars every time a patient does not show up for her appointment.

LOCATIONS

We have 2 office locations at either:

AdventHealth Celebration
400 Celebration Place Downtown Orlando
Suite A130 1811 Lucerne Terrace
Celebration FL 34747 Orlando FL 32806

407

985

3007

407

985

3007

WEBSITE: www.irisobgyn.com

IMPORTANT CONTACTS:

Here are the names and contact information for some key employees:

Julie Parsons - OB Coordinator. She is also in charge of referring patients to high risk doctor (MFM - maternal fetal medicine) if recommended by the provider. She is also in charge of filling out the FMLA paperwork that you need to request directly with your job's HR (Human Resource) Department. You are allowed to take up to 6 weeks after vaginal delivery, and up to 8 weeks after a cesarean section. If your job offers additional time, then you will need to contact your job's HR Department directly. The same is valid for maternity leave related to school programs, it is authorized to receive 6 weeks of maternity leave after a vaginal delivery and 8 weeks postoperatively after cesarean section, any additional time that is needed will need to be authorized directly by your school program. We cannot extend your maternity leave

Email julie.parsons@floridawomancare.com

Liza Reyes Crus - Billing Coordinator

- Financial questions, what is covered by your insurance, what are the options for payment plans for self pay patients, information related to obstetrical costs regarding our practice. Her email is liza.reyescruz@floridawomancare.com
- Financial questions directly related to the hospital, (407) 303-0519 <https://www.adventhealth.com/price-estimator>, and for questions about payment plans available with the Advent Health Celebration Hospital, contact Kaitlyn Lacour through the email kaitlyn.lacour@adventhealth.com

Thalya Rodriguez - Surgical Coordinator, Medical Records and Referral Coordinator

- In charge of scheduling the date for your cesarean section if the delivery is going to be via cesarean section
- In charge of scheduling the date for the induction of labor, if your delivery will be vaginal
- In charge to receive and file all incoming records, such as blood work results, ultrasound scans, consultations by other physicians or appointments done with previous providers. It is very important that you send those records to Thalya prior to the appointment. Records are not going to be reviewed on the same day as the visit.
- Email thalya.rodriguez@floridawomancare.com

Nadja Pereira, Alejandra Martinez, Isabela Leal, and Nicole Reis - Receptionists. They can help to schedule or reschedule appointments, give you a work/school note for the date of the consultation.

Brittany Martin, Laryssa Santiago and Bibiana Leal - Dr Starr's Team

Yessenia Dotson, Leyla Mohamud, Nathalie Carty - Dr Franco's Team

Rosalinda Parra - Ultrasonographer at Celebration

Yasmine Germain - Ultrasonographer at Lucerne

Ana Luiza Marzullo - Triage Coordinator

- She receives all the phone calls with clinical questions during office hours (08:00am - 04:00 pm Monday through Thursday, and 08:00am - noon on Fridays). If she knows the answer, she will help you. If she does not know, she will contact one of the doctors.

Moranda Vazquez - Office Manager. If nobody else from our practice was able to help you, contact our office manager via email kisah.vazquez@floridawomancare.com or by calling 407 985 3007.

WHAT TO EXPECT DURING THE VISITS

5-7 weeks

- Confirmation of pregnancy (we do an appointment for confirmation of pregnancy to run in office urine pregnancy test)
- Viability ultrasound (the earliest gestational age to detect fetal heart tones is between 6 ½ weeks till 7 weeks, prior to 6 weeks we cannot confirm that it will be a viable pregnancy)
- Appointment with Julie Parsons (OB Coordinator) for overview of the pregnancy– she will explain what you should avoid eating during pregnancy, how often are the visits, she gives you overall information about our practice, and she will give you the blood work order for the 1st trimester labs (such as blood type, HIV, Hepatitis etc)
- Start taking prenatal vitamins as soon as you find out you are pregnant (ok to get directly over the counter, make sure it has folic acid and DHA)
- Cytology screening for Pap smear collection

11-13 weeks

- Optional blood work for genetic testing called NIPT (non invasive prenatal testing), which includes screening for Down Syndrome and 2 other lethal anomalies, it can also detect the sex of the baby. You have to call your insurance company directly to see if it is covered by your insurance

12 weeks

- We can use the fetal doppler to listen to fetal heart tones in the office (prior to 12 weeks the baby is too small and we cannot detect with the handheld doppler)

16-20 weeks

- Optional blood work evaluation for spina bifida called AFP (alpha feto protein)
- You will start experiencing movement for the first time around 18-20 weeks
- Flu shot immunization - it is offered in our office and several pharmacies, if you are pregnant during the months of October through February

20 weeks

- Anatomy ultrasound (aka morphological ultrasound) - this is an important ultrasound for evaluation of all fetal organ structures, placenta, cervical length and amniotic fluid

28 weeks

- Between 28 and 29 weeks it is recommended to complete blood work that includes 1 hour glucose challenge test, for evaluation of gestational diabetes
- Pre register at the hospital through the website BabyPlacePreReg.com
- Schedule a hospital tour (optional) through the website BabyPlaceTour.com
- Obtain information about packing list through the website BabyPlaceResources.com
- Tdap immunization (against tetanus, diphtheria and pertussis - it is offered between 28 and 36 weeks in our office, and in several pharmacies
- Rhogam immunoglobulin vaccine if your Rh factor is negative (for example blood type A- or O-)

32-36 weeks

- You can receive the RSV Vaccine during this gestational age through CVS Minute Clinic pharmacy (call ahead, some pharmacies do not carry this vaccine)
- RSV is the most common cause of hospitalization in infants, and this vaccine is a simple way to decrease that risk to you and your baby after birth.

34 weeks

- Start weekly NSTs (non stress test) if needed for fetal surveillance. This is done in some patients who have a high risk pregnancy (such as age > 35 - advanced maternal age, hypertension, fetal growth restriction etc)
- Schedule the date for your cesarean section if needed (Thalya Rodriguez, surgical coordinator). The hospital has the OR schedule and availability usually 2 months at a time

35 weeks

- Start pelvic exam for cervical checks weekly, to evaluate the cervix (from 35 weeks until the end of the pregnancy)

36 weeks

- Collect the vaginal rectal swab for GBS (Group B Streptococcus) analysis - this is a bacteria that can be present in the vaginal canal, so that we know which patients will need antibiotics during the labor process . Let us know if you are allergic to PCN (Penicillin)

37 weeks

- Your pregnancy is now considered full term
- Schedule a date for induction of labor (Thalya Rodriguez), in case you do not go into labor spontaneously

37-39 weeks

- Between 37 and 39 weeks is when the last ultrasound is performed to evaluate growth, placenta, and amniotic fluid (except for some high risk pregnancies that require ultrasounds more often)

40 weeks

- This is your estimated due date. If you are not in labor by 40 weeks, we will need to do either an ultrasound or an NST (non stress test) for fetal evaluation and schedule your induction of labor for 41 weeks

HOSPITALS

- We exclusively deliver at AHC - Advent Health Celebration Hospital
- The hospital address is: 400 Celebration Place, Celebration, FL 34744 (our office is located inside the hospital, suite A130), Labor and Delivery is on the 4th floor

SAFE OVER THE COUNTER MEDICATIONS

See the attached list

AFTER HOURS OR WEEKEND QUESTIONS

If you have a question at night or weekends after hours, call our number 407 985 3007 and an answering service will take your information and send a message to the physician on call who will then return your call. Expect to receive a call back from our physician with a 1-866 number or an unknown number. Our office hours are Monday through Thursday 08:00am till 04:00pm and Fridays 08:00am till noon

BLOOD WORK EXAMINATIONS

- We will give you the requisition for the blood work, and we will obtain the blood work directly from the lab. You do not need to go to the lab to get the results
- You will need to complete the blood work within 7-10 days. If any results are abnormal (for example elevated glucose tolerance test), additional testing may be required. It is important to complete all blood work studies as fast as possible in order to continue to receive proper prenatal care. Failure to do so in a timely manner will cause you to be discharged from our practice
- If you have commercial medical insurance (such as Blue Cross Blue Shield, Aetna, Oscar etc), the insurance is associated with a specific laboratory, either Quest Diagnostics or Labcorp.
- Call your insurance company and see which lab is in network with your insurance
- If you do not have health insurance, the cost for blood work evaluation can be a little better if you complete at Any Lab Test Now (407) 344-8378

PEDIATRICIAN

You will need to establish with a pediatrician to schedule the first visit 1 to 2 days after the baby will be discharged home. We know 2 Brazilian pediatricians

Dra. Marcia Gayoso (407) 208-9870

Dr. Vladimir Lorentz (407) 832-1020

FAQ - FREQUENTLY ASKED QUESTIONS

1. How many ultrasounds are done in the pregnancy?
There will be 3 images done routinely: the viability sono in the 1st trimester, anatomy sono at 20 weeks, and 1 sono in the end of the 3rd trimester around 37-39 weeks
2. Can I schedule my c section prior to 39 weeks?
No, unless you go into labor spontaneously or if there is an obstetrical indication (such as pre eclampsia)
3. Which documents do I need to take to the hospital?
A photo ID (such as driver's license or passport) and your insurance card
4. Where do I go in case of an emergency?
If you are **< 20 weeks**, to the closest ER to your house
If you are **between 20 and 32 weeks**, to the Advent Health Orlando (in downtown) because the NICU at Celebration can only

take babies after 32 weeks. The address is 601 East Rollings Street, Orlando FL 32803

If you are **> 32 weeks**, to the Advent Health Hospital at Celebration at 400 Celebration Place, Celebration FL 34747

5. Is there a way to do a payment plan for the delivery if I do not have medical insurance?

Yes, the charges and prices related to our office will need to be discussed with the billing coordinator.

The charges and prices related to the hospital need to be addressed directly with the hospital's financial department at (407) 303 0519 <https://www.adventhealth.com/prices-estimator>, and kaitlyn.lacour@adventhealth.com

6. Can I bring my own doula to the hospital to help me during the labor process?

Yes, but any associated costs with the doula are separate and you will need to discuss this with her. We know 2 doulas: Paula 786 487 5716 and Patricia 407 733 6617

7. I heard that in the United States you have to have the baby via vaginal delivery, is that true? What if I wanted to schedule a cesarean section?

It is true that we give preference for vaginal delivery for several reasons that help both mom and baby. But if you absolutely do not want to proceed with a vaginal delivery, talk to your doctors about risks and benefits of surgery with c section and yes we can schedule your elective cesarean section at 39 weeks

8. What can I do if I need to talk to someone, do I just leave a message?

The emails and voice messages are not checked 24 hrs per day.

If you need to talk to someone about:

- a. Appointments, scheduling - talk to Nadja, Bibiana or Alejandra
- b. Clinical questions (exemple: vaginal bleeding, decreased fetal movement, what to do if you have high blood pressure, excessive nausea and vomiting) - talk to Rachelle
- c. Clinical questions after hours - call our office and the answering service will notify the doctor on call to return your call
- d. Questions that are not emergencies (for example: getting a letter to help family members obtain a Visa) - send a message through the link for patient portal through our website www.irisobgyn.com

We are very happy that you chose to have your baby with us! Welcome!