

Pregnancy Guide

Last updated: July 10th, 2022

Know to Ask:

Pregnancy can be an exciting and overwhelming time. In order to make the experience easier, it is important to be aware of the recommended medical exams and know what questions to ask your doctor. Some ultrasounds and tests require you to make an appointment well in advance. Women experiencing a high risk pregnancy will need extra monitoring, and should review the third page of this guide. In addition, this page includes helpful and important employment rights for pregnant women. Bsha'a tova!

Recommended Tests & Monitoring During Pregnancy

Weeks of pregnancy is determined by counting from the first day of your last period, unless otherwise advised by your doctor.

Positive Pregnancy Test	Make an appointment with your gynecologist	Schedule doctor's appointments every 4-6 weeks. Get hafnayot (referrals) for upcoming tests. Monthly weight and blood pressure with the nurse scheduled separately.
First Visit - Before Week 12	Blood Test	Kupah walk-in with hafnaya during lab hours
Week 6 - 12 (recommended week 7 - 10)	First Trimester Screening	Ultrasound to determine fetal age/viability of pregnancy
Week 11 - Week 13+6 Days	First Trimester Screening: 1. Nuchal Translucency Scan (שקופות עורפית) 2. Blood Test	Increased co-pay (about 45 NIS). Evaluates risk for Down Syndrome and other chromosomal abnormalities.

Week 13 - 17 (recommended 14 -16)	Early Fetal Anatomy Scan (סקירת מערכות מוקדמת)	Covered with SHABAN only
Week 16 - 20	Second Trimester Screening: Triple Screen Blood Test (חלבון עוברי)	Increased co-pay (62 NIS). Evaluates risk for Down Syndrome and other chromosomal abnormalities.
Week 19 - 25 (recommended week 20 - 23)	Late Fetal Anatomy Scan (סקירת מערכות מאוחרת)	If risk is indicated, one may be sent for a detailed scan of a specific organ or body part
Week 24 - 28	Blood count & Glucose Tolerance Test	An initial 1 hour test is done. If results are high, a repeat 3 hour test will be done
Week 28+	Third Trimester Ultrasound	To determine size and position of baby. May be sent more than once
Week 40+	Fetal Monitoring	Once overdue, many doctors will send for fetal monitoring every 2-3 days

Other Tests

Please note: In cases where increased risk is indicated, these tests may be recommended by your doctor or a clinical geneticist. It is important to clarify with the kupah which tests are covered.

Week 10-12	Chorionic Villus Sampling (CVS)	
Week 16-20	Quad Screening	Additional blood test done in conjunction with the Triple Screen Blood Test.
Week 16-24* Week 32+ *Many public hospitals will not do an amniocentesis weeks 24-32.	Amniocentesis	If amniocentesis is performed, there is no need to do the Triple Screen Blood Test (Second Trimester Screening). All women over the age of 35 are offered an amniocentesis. As with all tests, a

		<p>woman can defer this test if she chooses.</p>
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Employment Rights

- Informing employers about pregnancy is required from the 5th month of pregnancy.
- An employer is never allowed to fire a woman because of pregnancy.
- After 6 months employment a pregnant woman cannot be fired for any reason without a special permit.
- Paid hours for appointments: Up to 20 hours for someone who works up to 4 hours a day, up to 40 hours for someone who works more than 4 hours a day.
- From the 5th month and beyond an employer cannot require a pregnant woman to work overtime. She may provide written agreement and medical permission to work overtime if she chooses.
- From the 5th month and beyond the pregnant woman can not be required to work night shifts if she informs her employer in writing that she does not agree to work nights.
- The employer must give unpaid leave if the place of work is dangerous to the mother & her pregnancy.
- A woman absent for at least 30 days due to a high-risk pregnancy is entitled to Bed Rest Benefit.

Who is Considered High Risk Pregnancy?

- Women over the age of 35, or under the age of 18.
- Women with chronic illnesses such as diabetes, epilepsy, high blood pressure, heart conditions, etc.
- Pregnancy of multiples.
- Women with an infection during pregnancy.
- Women with preeclampsia (רעלת הריון) or gestational diabetes (סוכרת הריונית).
- Women who have experienced recurrent miscarriage (3 or more miscarriages).
- Women who had previous high risk pregnancies (although this will depend on the cause of the risk in the previous pregnancy).

Monitoring During High Risk Pregnancy

- Once determined as high risk, your regular OBGYN may refer you to a high risk OBGYN who should monitor you throughout the rest of the pregnancy.
- High Risk OBGYNs have limited appointments, so make your first appointment ASAP.
- Be prepared to have extra doctor's appointments, monitoring, and ultrasounds.

A Few Tips:

- Bring up any medical concerns or important medical history at your first appointment. Do not be afraid to ask questions and advocate for yourself and your baby.
- Ask the doctor to give you the relevant hafnayot (referrals) for future tests as soon as possible.
- Ultrasound appointments fill up quickly through the kupah, so it is important to make all appointments as early as possible. It's a good idea to make appointments for your first few tests/ultrasounds right after your first doctor's appointment. You can always cancel later.
- Many ultrasounds are time sensitive. When making an appointment, double check, and confirm the appointment you are given is during the appropriate time for your pregnancy.
- Take advantage of SHABAN: there are many benefits for pregnant women with supplemental insurance such as an 8,000 NIS pregnancy basket, ability to see private doctors for certain ultrasounds, and more. Check with your kupah to see what is available to you, and how to access these benefits.

Clinics and Urgent Care:

- **Merkaz Briut Haisha:** Most kupot have a Merkaz Briut Haisha (Women's Health Center) or Mirpa'at Nashim (Women's health clinic) in major cities or areas. Many of them offer walk in services for fetal monitoring, ultrasounds, and consulting with a doctor.
- **Mirpaat Geulah:** (Jerusalem) Open from 8 AM-7PM, and offers all types of ultrasounds. They work with all kupot (but require a hafnaya and hitchayvut). Even when paying out of pocket, their prices for basic ultrasounds are reasonable, and it is fairly easy to get an appointment.
- **TEREM:** Many TEREM locations offer ultrasounds, and will be faster than going to the emergency room. It is a good first option if experiencing first trimester bleeding or pains. (**Please note:** If it is a serious emergency, go straight to the hospital emergency room).
- **Miyun Nashim:** Some hospitals have a separate ER for maternity patients. Anyone after 24 weeks of pregnancy should go directly to the Miyun Nashim if experiencing any problems.