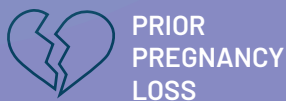


# What to Expect When You're Referred to a Maternal-Fetal Medicine Subspecialist

## What is a Maternal-Fetal Medicine Subspecialist (MFM)?

- An MFM is an OB-GYN physician who provides expert care for high-risk pregnancies and fetal conditions.
- MFMs provide specialized care for pregnant patients with complex health conditions before, during, and after pregnancy.
- If your pregnancy is considered high-risk, it means you or your baby may have a higher chance of health complications and may need extra monitoring or specialized care.

## Conditions That Commonly Lead to Referral



## Your Questions Answered

### Why am I being referred?

Your OB-GYN may refer you to an MFM specialist if you have a medical condition such as high blood pressure, diabetes, an autoimmune disorder, or kidney disease; if you are expecting twins or more; or if there are concerns about your baby's growth, anatomy, or well-being. A referral doesn't always mean something is wrong – it means your care team wants to provide you with closer monitoring and expert support.

### Will I still see my OB-GYN?

In most cases, yes. Many patients receive care from both their OB-GYN and an MFM specialist – and sometimes additional specialists are part of the team, as well. Your providers will collaborate closely to create a plan that is best for you and your baby.

### Does this mean I will have a bad outcome?

Not necessarily. Many people with high-risk pregnancies go on to have healthy pregnancies and babies – especially with close monitoring and coordinated care. The goal of MFM care is to identify potential concerns early and reduce the risk of complications before they arise.

### What should I expect from my visit?

You may have:

- More frequent prenatal visits.
- More ultrasounds or other tests.
- Blood pressure checks, lab work, or home monitoring.
- Time to talk about your pregnancy plan, birth plan, and any changes in medicine or follow-up.

### Questions to ask your doctor

- Why was I referred to MFM?
- What extra tests or visits will I need?
- What warning signs should I watch for?
- Who should I call if I have a concern?
- How will MFM and my OB-GYN work together?



Early awareness can change outcomes. **LEARN MORE.**