



Policies

Disability Notes

The great majority of expectant mothers can continue to work until late pregnancy without any problem. Sometimes, however, the physical demands of a woman's job can create workplace difficulties.

Please let us know if you have any concerns in this regard. We are usually able to suggest simple steps to deal with fatigue, "morning sickness", or aches and pains that can be particularly challenging while you are at work.

If you have more serious symptoms, or concerns about workplace hazards to you or your baby, we will evaluate the situation and respond accordingly.

When medically appropriate, we will recommend that a pregnant woman be placed on disability leave from her job. Such leave is rarely required. In the absence of any serious condition that would endanger the health of the mother or baby, medical ethics prevent us from making such a recommendation. We will, however, do everything we can to reduce or eliminate pregnancy related difficulties you may be having at work. This includes contacting your employer, when appropriate, to recommend helpful adjustments or alterations to your duties.

Ultrasounds

We offer ultrasound services at both our Robbinsdale and Maple Grove offices. While we realize that ultrasounds can be both fun and serve as a bonding experience in the pregnancy, we believe they should be performed when medically indicated. A routine screening ultrasound will usually take place between the 20th and 22nd week of your pregnancy.

Ultrasounds use sound waves that bounce off your baby's tissues and produce an image on the screen. There have been many studies to show that this is perfectly safe for your baby. In addition to looking at the anatomy, the ultrasound technician will measure your baby's head, abdomen and thigh bone, look at the amount of amniotic fluid, and may be able to find out your baby's sex. You should let the technician know if you want this information or if you would prefer to keep it a surprise.

Other ultrasounds are done **only** for a medical indication. This could be a concern with the fetal growth, the placental location, the fetal position or to follow-up a previously identified problem.