



# MAYO CLINIC OB NEST

Mayo Clinic OB Nest is a prenatal care model that combines traditional prenatal care office visits with Connected Care visits and in-home monitoring. It is intended for women with low-risk pregnancies who are looking for a more active role in their prenatal care and the convenience of fewer clinic visits.

## Connected Care visits

You will communicate with an experienced obstetrics nurse by phone or using Patient Online Services secure messaging. During visits, you will provide routine information to your nurse, including your weight and blood pressure reading, baby's heart rate, and medication or allergy changes.

The obstetrics nurses will monitor your pregnancy progression, provide answers to common questions and pregnancy-related education, review your plan of care, schedule future appointments, and be available by phone or Patient Online Services to meet your needs and concerns.

## In-home monitoring

Through the program, you will get a fetal Doppler and blood pressure machine to use at home. Not only can you listen to baby whenever you'd like, you can do so in the comfort and privacy of your own home.

## Secure messaging using Patient Online Services

Patient Online Services allows you to have direct, personal and trusted communication with your care team. This connection allows you to address concerns, care for yourself and connect with the obstetrics nurses as needed between visits.

## Here's how it works:

- If you are interested in participating and your provider determines that you are a candidate for Mayo Clinic OB Nest, you will be given the equipment and materials to begin.
- Throughout your pregnancy, you will listen to your baby's heartbeat and measure your own blood pressure at home.
- You will communicate with an obstetrics nurse through scheduled phone calls or messaging through Patient Online Services. You will rotate in-person appointments and phone or Patient Online Services visits approximately every other visit.

## Learn more

Call or message your care team on Patient Online Services. Include "Mayo Clinic OB Nest" in the title of your Patient Online Services message.

- La Crosse: 608-392-9390

Week of Pregnancy	Sequence of Care
8–10	• Appointment with nurse in clinic
11–12	• Appointment with provider
16	• Connected Care with nurse
18–20	• Ultrasound followed by portal communication
24	• Connected Care with nurse
26–28	• Appointment with nurse in clinic
32	• Appointment with provider
34	• Connected Care with nurse
36	• Appointment with provider
37	• Connected Care with nurse
38	• Connected Care with nurse
39	• Appointment with provider
40	• Appointment with provider
41	• Appointment with provider
1 week postpartum	• Connected Care with nurse
6–8 weeks postpartum	• Appointment with provider

## Be sure to call on

Between visits please notify the nurse if you experience any of the following:

- Bad headaches, vision problems
- Feeling the need to push down or bear down
- Fever of more than 100.4 F that does not decrease few hours after taking acetaminophen
- Fluid from your vagina that you think is not urine or discharge
- Spotting
- Painful urination
- Severe cramps or pelvic pressure before your due date
- Sudden swelling in your face, eyes, hands, or feet
- Vomiting and/or diarrhea for more than 24 hours

## After 24 weeks:

- A change in the baby movements, especially if the baby is not moving much or at all
- Contractions that are very painful and happen more than 6 times in an hour or contractions that are less than 5 minutes apart

**Connected Care** = Telehealth visit which may include phone call or Patient Online Services secure messaging. During Connected Care visits you will provide routine information including: your current weight, baby's heart rate and blood pressure readings, and any medication or allergy changes. The nurse will provide education and review your plan of care.