

What does an MFM Specialist do?

A maternal-fetal medicine specialist is a doctor who helps take care of women having complicated or high-risk pregnancies. These doctors are obstetricians who also completed 3 extra years of training in high-risk pregnancy. They are also called perinatologists and high-risk pregnancy doctors.

What an MFM Doctor Does

An MFM doctor:

- Gives regular prenatal care for women with high-risk pregnancies
- Helps manage the mother's existing health problems, such as **diabetes** and **high blood pressure**
- Cares for women who develop complications during pregnancy or **childbirth**
- Does tests and procedures, such as **ultrasound**, to check your babies' growth and development
- Checks for birth defects and genetic disorders with tests such as **amniocentesis**, chorionic villus sampling (CVS), or umbilical cord sampling
- Diagnoses and manages birth defects, **heart** problems, and **blood disorders** in a **developing baby**, including performing surgery if needed
- Monitors labor and handles the delivery
- Manages any of the mom's health problems after pregnancy, such as excessive bleeding, infections, or **high blood pressure**
- Identifies risks and provides recommendations for future pregnancies

Why You Might Need an MFM Doctor

You might see an MFM doctor if you have a high-risk pregnancy or are worried about having a healthy pregnancy and delivery. You may be high risk if:

- Before you became pregnant you knew you had **heart disease, hypertension, diabetes, autoimmune diseases, seizure** disorders, **blood** clotting disorders, or infections (such as **HIV**, cytomegalovirus, or parvovirus)
- You have had **pregnancy problems** in the past, such as preterm birth
- You are pregnant with twins, triplets, or more

Your MFM specialist can also help if:

- You need special tests or procedures
- You or your babies develop problems while you are pregnant
- Your babies have a birth defect or other abnormal finding on ultrasound

Working with an MFM specialist during your pregnancy can help you feel confident that you and your baby are getting the best care possible.

How an MFM Doctor Works With Your Pregnancy Team

Depending on your situation, the MFM doctor may manage your care directly or consult with other providers on your team. An MFM specialist may:

- Provide most of your prenatal care
- Work hand in hand with your OB, family doctor, or **midwife** to comanage your care
- Consult with your midwife or doctor as needed
- Consult and work with neonatologists or other pediatric experts to make sure your babies get the care they need

An MFM specialist will work closely with you and your regular health providers to see you safely through **labor and delivery**.

SOURCE: [What Is an MFM Specialist? \(webmd.com\)](https://www.webmd.com/obgyn/what-is-an-mfm-specialist)