

**Preparing the way for a healthy pregnancy  
and healthy babies.**



**Program  
for Multiples**



Congratulations on your pregnancy – and what a special pregnancy you’re having! As an expecting mother carrying more than one baby, your body’s needs – and your babies’ needs – are different from those in a singleton pregnancy. At Texas Children’s Fetal Center, we’ve created a service just for you to help support your pregnancy and your health: The Program for Multiples.

### **EXPERT INSIGHT FOR YOU AND YOUR BABIES DURING THEIR MOST CRUCIAL TIME OF DEVELOPMENT**

The only program of its kind, our new Program for Multiples is an evidence-based medical consultative service designed to supplement your prenatal care from your obstetrical provider (OB/GYN, Maternal-Fetal Medicine physician and/or midwife).

Built upon the depth and breadth of fetal medicine expertise at Texas Children’s Fetal Center, our program sees women during the first ten to 18 weeks of pregnancy to offer a comprehensive, single-day consultation and a customized health plan you can use right away to help support your and your babies’ health.

Our premier program is grounded in the proven practices and latest standards of care in maternal-fetal medicine, fetal imaging, nutrition for pregnancies with multiple babies and genetic counseling.

### **ONE DAY CONSULTATION FOR A COMPREHENSIVE ASSESSMENT**

In a single visit to our program, you will meet with a maternal-fetal medicine specialist, a certified genetic counselor and a registered dietitian, as well as receive a complete assessment



including a medical and nutritional plan designed for you and your babies to support you throughout your pregnancy. Our same-day assessment includes:

- **Comprehensive ultrasound** – an enhanced, specialized ultrasound to determine key markers for potential risk conditions in pregnancies with two or more babies.
- **Genetic counseling and testing** – a thorough evaluation of genetic health and risk factors, conducted in association with certified genetic counselors at Baylor College of Medicine.
- **Personalized nutritional assessment by a registered dietitian** – a unique nutritional plan for each patient based on her particular needs from a registered dietitian specializing in women pregnant with two or more babies. As new research shows a relationship between nutrition during the first trimester of pregnancy and newborn health after delivery, nutritional counseling is always beneficial – and even more so in a pregnancy where there are two or more babies.
- **Maternal-fetal medicine consultation** – a comprehensive assessment and risk profile, including potential for complications and level of risk for each pregnancy. Our specialists can also provide experienced guidance for medical intervention if appropriate or if needed. Both you and your prenatal care provider receive a personalized plan of action for your pregnancy.

## EXPERTS IN FETAL CARE

Our expert team has extensive experience evaluating, diagnosing and treating the most complex fetal conditions, especially those related to multiple gestations. Their expertise is why this one-day consultative service can help you have the healthiest pregnancy possible, and they are available to help you should an issue arise.

**Dr. Kenneth Moise** is the Medical Director for the Program for Multiples at Texas Children's Fetal Center, and Professor of Obstetrics and Gynecology and Maternal-Fetal Medicine Specialist at Baylor College of Medicine. A member of the Society for Maternal-Fetal Medicine and a Fellow of the American College of Obstetrics and Gynecology, Dr. Moise is a past president of the International Fetal

Medicine and Surgery Society. He also serves on the executive board of the North American Fetal Treatment Network.

**Dr. Manisha Gandhi** is the Associate Director for the Program for Multiples at Texas Children's Fetal Center and is the Assistant Professor of Obstetrics and Gynecology at Baylor College of Medicine. Specializing in prenatal diagnosis, multiple gestations and ultrasound-guided procedures, she is board certified in Obstetrics and Gynecology and board eligible in Maternal-Fetal Medicine.

**Karen Moise, RN** serves as the Program Coordinator for the Program for Multiples. At Texas Children's Fetal Center, she is responsible for informing referring physicians and patients about the evaluation process of pregnancies





with multiple gestations. Karen has been a registered nurse for nearly 30 years and has a passion for caring for patients with complicated twin pregnancies including twin-twin transfusion syndrome (TTTS).

**Susanne Trout, RD, LD, IBCLC** is the Senior Dietitian for the Texas Children's Fetal Center Program for Multiples. She is an International Board Certified Lactation Consultant and specializes in nutrition management for women with multiple gestations, infant nutrition and breastfeeding.

The experts at the Program for Multiples offer a one-day comprehensive consultative service; it is not intended to replace normal obstetric care.

#### **CALL FOR A REFERRAL TODAY**

Ask your physician or prenatal care provider for a referral so that you can schedule an appointment for our comprehensive consultation. We look forward to helping you have the healthiest possible pregnancy – and babies!

We accept most insurance plans.

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