



Welcome to the *Wait One Year* Program *Helping prevent another preterm birth*

Thank you for coming to the Maternal and Infant Care Clinic at University of Washington Medical Center (UWMC). As we discussed when you were here, you are eligible for a special program called “Wait One Year” because of your recent preterm birth. UWMC and the Seattle Chapter of the March of Dimes developed this program together.

While you were here, a *perinatologist* (a doctor who specializes in caring for women with high-risk pregnancies) reviewed the notes in your medical records about your prenatal care and labor and delivery. This doctor looked for any possible reasons why you had a preterm birth.

The doctor also recommended steps to take in a future pregnancy if you decide to have another baby. These steps are described in a letter the perinatologist will send to the health care provider who referred you to us. We would be happy to send this letter to you as well. You may want to make an appointment with the provider who referred you to us to talk about the information in the letter.

You also met with a nurse and reviewed the Wait One Year program video. The nurse told you about other resources that may be helpful to you.

Thank you for taking part in the Wait One Year program. Please call the Maternity and Infant Care Clinic at 206-598-4070 if you have any questions. We hope this program will be helpful if you decide to have another baby.

Best regards,

A handwritten signature in black ink that reads "Thomas Benedetti".

Thomas Benedetti, MD
For the Wait One Year Program
University of Washington Medical Center
Maternal and Infant Care Clinic
Box 356159
1959 N.E. Pacific Street
Seattle, WA 98195
206-598-4070