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Shikha Goel, D.O.

Richard D. Rubin, M.D.

Christina T. Thomas, M.D.

Vlassis Travias, M.D.

Kimberly Capello, W.H.N.P.

Joanna Couvillon, C.N.M.

Rachel Ward, F.N.P.

Holly West, F.N.P.

Congratulations and thank you for choosing Concord OB/GYN Associates for your prenatal care. We look forward to guiding you through a healthy pregnancy and delivery. At Concord OB/GYN, the physicians, nurses, ultrasound technicians, and medical assistants collaborate to offer you top-notch and efficient care. By now, you have already had your initial ultrasound that assists us in determining your expected date of delivery.

The next step for all patients including women transferring to our practice is an hour-long visit with one of our expert nurses to introduce you to our practice, review medical records, obtain an in-depth medical history, and order preliminary tests. This is the first step in getting to know you better and reviewing what to expect over the next few months. Routine prenatal care visits are typically continued as follows:

- 11-12 weeks: Initial OB visit with a physician, midwife, or NP
- 12-28 weeks: Prenatal visits occur every 4 weeks
- 18-20 weeks: Detailed ultrasound with fetal survey
- Gestational Diabetes Screening around 28 weeks
- 28-36 weeks: You will be monitored every two weeks
- 36 weeks until delivery: You may expect weekly visits

* The visit schedule may be modified and tailored to your specific needs when necessary*

Concord OB/GYN is proud to have 5 board certified/board eligible physicians on staff. We ask that you schedule your visits so that you have the opportunity to meet all of the physicians & midwives at least once. This ensures that everyone is familiar with you and your individual medical record.

Our physicians and midwives rotate on-call 24 hours per day. During office hours Monday – Friday 9am-5pm, our expert nurses are available to assist you and answer any questions or concerns that you have by calling our main number:

978-369-7627

Once again, welcome to Concord OB/GYN! We look forward to guiding you through a healthy and happy pregnancy.

Warmly,

Jamie Bond, MD Vlassis Travias, MD Richard Rubin, MD Christina Thomas, MD
Shikha Goel, DO Joanna Couvillon, CNM