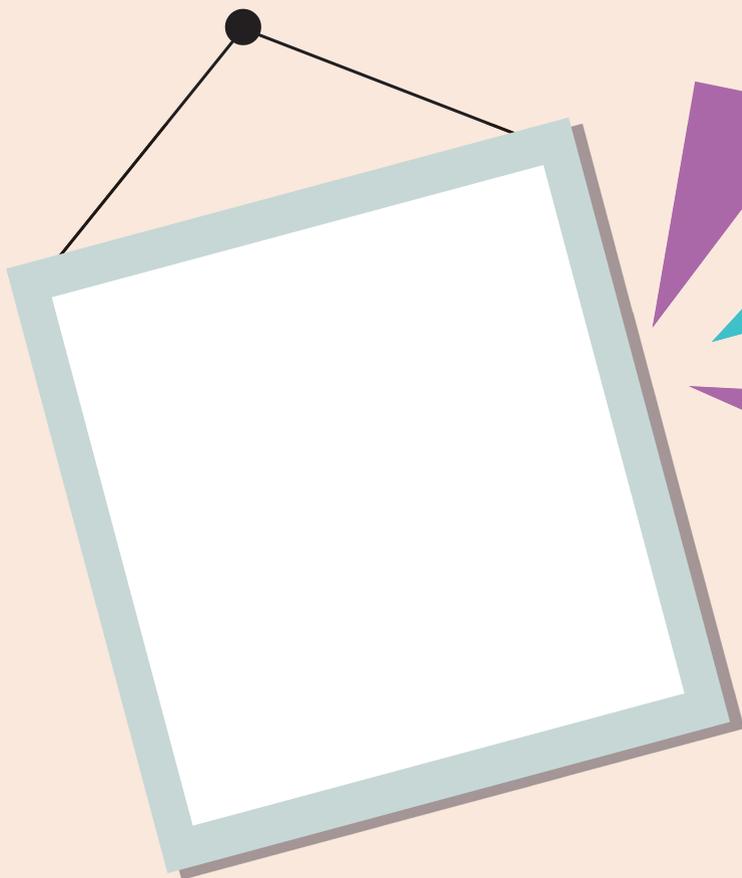




SAN PIETRO FATEBENEFRAPELLI HOSPITAL
COMPLEX OPERATIVE UNIT
DIRECTOR: PROF. MARCO BONITO

Maternity Pathway

SAN PIETRO FATEBENEFRAPELLI
HOSPITAL



**PASTE YOUR
FIRST
ULTRASOUND
HERE**

During Pregnancy

Informative meetings for future parents

Future parents who want helpful information to plan their pregnancy calmly until the time of delivery are welcome to attend sessions led by midwifery staff. These take place on Saturday mornings at 10:30 AM in the Health Directorate Meeting Room.

The meeting is FREE and no reservation is required.

For more information, please call 06/33582750.

Dott.ssa Luciani Patrizia - Coordinatore Ostetrico - phone: 340 3359901.

Midwifery Acceptance

This service is available 24 hours a day. Upon registration, the patient will be asked for personal details and a valid health card, and will be assigned a "triage" code with a progressive number indicating the urgency and evaluation order.

Please note that this midwifery acceptance service handles emergency cases only. Pregnant women can call: 06/33582751 Midwifery Clinic

Obstetrics and Gynecology clinics

At the Obstetrics and Gynecology clinics, patients can access the following services:

Obstetric visit, Gynecological visit, Low-risk pregnancy clinic (BRO), Obstetric pathology clinic, OPBG clinic, Twin pregnancy clinic, Uro-gynecology clinic, Diagnostic hysteroscopy, Anesthesiology visit, Amniocentesis, Chorionic villus sampling, Colposcopy, Hysterosalpingography, V-BAC counselling, Moxibustion, Breech presentation turning, Postpartum visit, Breastfeeding counselling, Pelvic floor rehabilitation clinic, Cardiotocography, Fertility clinic.

To make an appointment, call 06/4540182 (CUP) and then dial option 5 for payment or option 6 for NHS.

On the day of the appointment, patients must bring a medical referral and pay the ticket at the CUP desk, located on the second floor of the Obstetrics and Gynecology Clinic.

Clinic Hours:

Monday to Thursday: 8:00 AM – 5:00 PM

Friday to Saturday: 8:00 AM – 1:30 PM

Genetic counseling and medical genetics laboratory

From a genetic perspective, it is common practice to offer all couples the opportunity to undergo genetic counseling. The goal is to inform them about their reproductive risk and the potential transmission of familial genetic abnormalities to their children. During the consultation, a series of information is collected to evaluate the specific risk for the couple and the future child, allowing the couple to make an informed decision about the best path forward.

Depending on their specific needs, the couple may choose to undergo the following invasive and non-invasive genetic tests at our Center:

→ **NIPT** (Non-Invasive Prenatal Test) with CE/IVD marking, capable of analyzing free fetal DNA (cfDNA) circulating in the maternal plasma. The test requires a blood sample of 10-20 ml from the mother from the tenth completed week of gestation (12th week for twin pregnancies) and is validated for all maternal ages and pregnancies achieved through medically assisted reproduction. The screening test is available at three levels:

1 Basic NIPT: Determines fetal sex, detects chromosomal number abnormalities especially trisomy 21 (Down syndrome), trisomy 18 (Edwards syndrome), trisomy 13 (Patau syndrome), and evaluates the risk of sex chromosome aneuploidies (Turner syndrome, Klinefelter syndrome, Jacobs syndrome, Triple X syndrome) for single pregnancies only.

2 Intermediate NIPT: Includes all basic NIPT tests plus risk assessment for 22q11.2 microdeletion syndrome (DiGeorge syndrome) for single pregnancies only.

3 NIPT Karyo: Extends the basic NIPT to assess the risk of aneuploidies in the entire chromosomal set (chromosomes 1-22) and deletions/duplications greater than 7Mb.

→ **Carrier screening for common genetic diseases** aimed at identifying healthy carriers of investigated genetic diseases. This is performed through blood sampling of both partners (simultaneous testing) or just one partner (sequential testing). The test looks at the molecular genetics of genes responsible for Cystic Fibrosis (CFTR gene), Spinal Muscular Atrophy (SMN1 gene), Fragile X Syndrome (FMR1 gene), and congenital deafness (CX26 and CX30 genes).

→ **Fetal karyotyping through Chorionic Villus Sampling (CVS) or Amniocentesis** to study the fetal karyotype via cytogenetic examination of cultured chorionic villi or amniocytes.

→ **Fetal Array-CGH** to identify variations in chromosomal segments, such as duplications (extra copies of DNA segments) or deletions (loss of genome portions):

1 EASYCHIP Array-CGH (OLIGO 15K) for low-risk pregnancies studies 43 Regions Associated with Microdeletion/Microduplication Syndromes These include regions linked to various syndromes such as:

Deletion 1p36 syndrome, microdeletion syndromes 1q41q42, 2p15-16.1, 2q23.1, deletion 2q33.1 (Glass syndrome), deletions 3pter-p25, 3q29 deletions and duplications, deletion 4p16.3 (Wolf-Hirschhorn syndrome), deletions 4q21, 5p deletion (Cri du Chat syndrome), 5q35 deletion (Sotos syndrome), deletion 7q11.23 (Williams Beuren syndrome), 7q11.23 duplication, deletions 8p23.1, microdeletion 8q21.11, deletion

8q24.1 (Langer-Giedion syndrome), deletion 9q34.3 (Kleefstra syndrome), deletions 10p14p13 (type 2 DiGeorge), deletion 11p13 (WAGR syndrome), deletion 11p11.2 (Potocki Shaffer syndrome), deletion 11q (Jacobsen syndrome), microdeletion 14q12, deletions 15q11q13 (Prader-Willi and Angelman syndromes), deletion and duplication 15q24, deletion 16p (ATR16), microdeletion 16q24.1, deletion 17p13.3 (Miller-Dieker syndrome), deletion 17p11.2 (Smith Magenis syndrome), duplication 17p11.2 (Potocki-Lupski syndrome), deletion and duplication 17q11.2, deletion 17q21.31 (Koolen de Vries syndrome), deletions 17q23.1-q23.2, deletion 19q13.11, critical region of Down syndrome (21q22.12q22.2), partial tetrasomy 22 (cat eye syndrome), deletion 22q11.2 (DiGeorge syndrome), duplications and distal deletions 22q11.2, deletions Xp11.3, microduplication Xp11.22, deletions Xq12, deletions Xq22.3 (AMME complex), duplication Xq28.

2 Genomic Array-CGH 60k examines the whole genome for Copy Number Variations (CNVs), which are small chromosomal alterations like microdeletions (losses) or micro-duplications (gains) of DNA segments that can cause various genetic diseases, including malformation syndromes.

→ **NGS (Next Generation Sequencing)** is used on fetal samples to analyze genomic panels or the clinical exome (covering 4,800 OMIM genes, the electronic catalog of inherited human diseases and phenotypes) to characterize malformation syndromes. This analysis is conducted in collaboration with the Medical Genetics Laboratory at Bambino Gesù Pediatric Hospital.

Genetic Counseling and Laboratory Genetic Testing

These services are provided by appointment at the Medical Genetics Unit, Monday to Friday, 9:30 AM to 1:00 PM, phone: 06.33582783.

A new screening approach for rare diseases

Newborn genetic screening in the Screen4Care project

What is newborn screening?

Newborn screening is used to identify numerous conditions early within the first 48–72 hours of life by collecting a few drops of blood (dried blood spot, DBS) from the newborn's heel.

Currently, in Europe, metabolic newborn screening is performed at birth for 48 different diseases by analysing certain substances in the blood (metabolites).

Genetic newborn screening (gNBS) provides additional value to metabolic screening because it directly analyses DNA.

The Medical Genetics Laboratory of the Bambino Gesù Pediatric Hospital will serve as the sequencing hub.

What is the Screen4Care project?

SCREEN4CARE (S4C) is a European research project aimed at accelerating the diagnostic timeline for rare diseases, which affect fewer than 1 in 2,000 people.

More than 7,000 rare diseases are known; most present during childhood and are of genetic origin.

The project will offer genetic newborn screening in Italy (Ferrara, Modena, Rome, Siena) and in other European countries (Germany, France, Greece).

Enrollment will last 12 months and will involve up to 25,000 newborns.

Participation is free of charge, voluntary, and formalised through written informed consent.

What the project involves

If the parents provide consent for the study, an additional dedicated DBS card, marked with the S4C logo, will be collected at the Complex Operative Unit of Pediatrics and Neonatology of the San Pietro Fatebenefratelli Hospital.

Genetic newborn screening (gNBS) will then be initiated using the TREAT panel, consisting of 245 genes associated with genetic diseases that are treatable with already available and approved therapies (pharmacological, genetic, or dietary).

For newborns who test negative on the TREAT screening but develop early symptoms within the first 1–2 years of life, a peripheral venous blood draw may be proposed — with renewed consent — to perform Whole Genome Sequencing (WGS), the most comprehensive genetic analysis currently available.

AT BIRTH:
gNBS for treatable diseases
(TREAT panel) in newborns



**UP TO 12–24 MONTHS
OF AGE:**
WGS in newborns with a negative
TREAT panel but who present
symptoms

Risks and benefits of participation

Benefits:

- Early diagnosis and the possibility of timely initiation of available treatments.
- Access to reference centres (ERN – European Reference Networks) for therapy and follow-up.
- Useful information regarding recurrence risk in future pregnancies.

Risks:

- Minimal risk associated with heel-prick blood collection (TREAT) or venous blood draw (WGS).
- Possible incidental (unexpected) or secondary findings (unrelated to the suspected condition)..

When we will meet you

Three appointments are scheduled:

First appointment

During the first half of pregnancy.

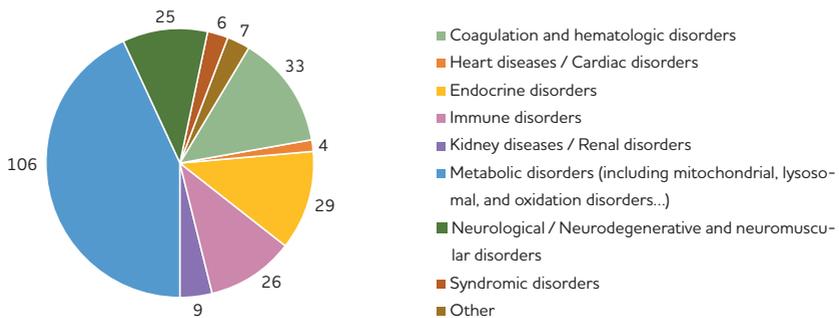
Second appointment

At the end of pregnancy, at the Obstetrics and Gynecology Units.

Third appointment

After delivery, on the day the heel-prick sample for metabolic screening is collected.

NEWBORN SCREENING DISORDERS



For all newborns born within the time frame established by the project, it is possible to participate in the genetic newborn screening.

Using the TREAT panel

Using the TREAT panel
+ WGS

FURTHER INFORMATION: www.screen4care.eu

Laboratory services

The analysis laboratory is affiliated with the National Health System (SSN). Patients can access the service daily from Monday to Saturday, 7:00 AM to 12:00 PM without appointment.

Appointments are required only for vaginal and rectal swabs covered by SSN.

Vaginal and rectal swabs with no NHS coverage can be performed every weekday from Monday to Friday without an appointment.

Patients with a medical prescription (or without if paying privately) must first register at the CUP front desk and then proceed to the blood collection room to undergo the requested tests.

The blood collection room is located on the ground floor of the CUP building.

It is possible to download the test results online using the credentials provided by the CUP.

At our laboratory, it is possible to perform (at regulated costs):

- All preliminary tests required for medically assisted reproduction
- All tests necessary during pregnancy
- B-tests (by appointment at 06/33582971)
- Molecular biology tests for coagulation (factor II, V Leiden, MTHFR etc.)

For further information, please call 06/33582678 or 06/33582635.

Private practice - U.A.P. Office for private activities

To access this service, contact the Private Activities Office at the following numbers: 06/33552511, 06/33552825, 06/33555978, 06/33555037 or by email: piergrossi.valeria@fbfrm.it, grimaldi.annarita@fbfrm.it, romanello.adriano@fbfrm.it, toccaggino.arianna@fbfrm.it

The office is open to the public Monday to Friday from 9:00 AM to 5:30 PM*, and on Saturdays by phone appointment only.

*Hours may vary during the summer and holidays.

Childbirth preparation courses

San Pietro Hospital offers the following childbirth preparation courses: Childbirth preparation course:

- Dr. Meldolesi tel. 335-8275489 (Thursday afternoon),
Dr. Elisabetta Piccionetti 333-8723261, Dr. Simona Piccionetti 348-3335791
- Education and assistance at birth: Dr. Reale tel. 3200644400,
Dr. Ciari tel. 3383537600 (Wednesday afternoon)
- Birth accompaniment course: tel. 335-6616643 Dr. Giovannini; 333-3017740
Dr. Rega (Saturday morning)
- Self-hypnosis course: Dr. Brunetti; 347 9441228 Birth Storytelling
- Free weekly meetings for expectant mothers are held every Wednesday from 10:00 AM to 11:30 AM, featuring discussions with the maternal and infant care staff.

Meetings are free and can be booked by calling 06/33582750, Monday to Friday from 8:00 AM to 2:00 PM.

Obstetric anesthesia clinic

Anesthesiology consultation can be scheduled from the 29th week of pregnancy, either privately or with a payment, by calling 06/33581 and pressing option 5.

Appointments are available Monday through Saturday at the Obstetrics and Gynecology clinic (second floor, CUP building).

At the end of the visit, if appropriate, a fitness certification for the procedure will be issued.

Umbilical cord blood donation/storage

The blood contained in the umbilical cord (UCB) is rich in stem cells and can be collected at birth to be used for transplantation in patients with various hematological diseases (leukemias, lymphomas) and genetic diseases such as Mediterranean anemia.

The goal of stem cell collection is to donate them to the community ("allogeneic solidarity donation"): both future parents must undergo an eligibility visit at the Transfusion Service starting from the 34th week of pregnancy, by appointment at **06/33582416 from 11:00 AM to 2:00 PM.**

The eligibility visit is held on Mondays and Fridays from 11:30 AM to 1:00 PM.

Stem cells can be stored in private banks abroad for autologous use at the family's expense; this form of donation is not allowed in Italy because it lacks scientific evidence and is not considered an essential level of care.

Parents interested can visit the Health Directorate offices (tel. 06/33582553) every weekday afternoon from 2:30 PM to 5:30 PM to receive all necessary documentation.

Immunohematology clinic in pregnancy

At the Immunohematology and Transfusion Medicine department of this hospital, an **Rh clinic** is active to monitor immunohematological status during pregnancy with the aim of identifying and preventing Hemolytic Disease of the Fetus and Newborn (HDFN) caused by Rh and other blood group antigens.

The Ministry of Health recommends prenatal anti-D immunoprophylaxis at the 28th week of pregnancy to all Rh-negative women.

The clinic offers:

1. Blood sampling for immunohematological tests (blood group and indirect Coombs test)
2. Counseling for prevention of neonatal hemolytic disease
3. Immunohematological monitoring and counseling for Rh-positive and Rh-negative pregnant women, whether immunized or not
4. Counseling and prescription of anti-D immunoglobulins at the 28th week of pregnancy
5. Administration of Anti-D Immunoglobulins at the 28th Week of Pregnancy (anti-D immunoprophylaxis)
6. Follow-up with indirect Coombs test 6 months after delivery to verify the effectiveness of immunoprophylaxis.

Contact Information

The clinic is located at the Transfusion Medicine Service on the ground floor of the hospital.

It operates on Tuesdays and Thursdays from 11:00 AM to 1:30 PM.

The clinic services are fee-based.

To book an appointment, call on Tuesday or Thursday from 11:00 AM to 1:30 PM at 06/33582416 (Dr. Vaccaro)

Hematology clinic

A hematology clinic dedicated to pregnant women with hematological issues (anemia, thrombocytopenia, thrombophilia) is available on the third floor of the CUP building.

The clinic operates on a fee basis every Tuesday morning from 9:00 AM to 12:30 PM, by appointment made through CUP or by calling 06 33582143.

Intravenous iron infusion clinic during pregnancy

For patients requiring intravenous iron therapy, already followed by the hematology clinic, the service is provided in the Obstetrics and Gynecology clinic (second floor, CUP building).

This therapy is advisable after the 28th week of pregnancy and will be administered under cardiotocographic monitoring.

Sessions are held on Mondays and Wednesdays from 12:30 PM to 2:00 PM. Fasting is not required; a light snack around 11:00 AM is recommended.

At the time of delivery

What to bring to the hospital

| MOTHER | | | |
|---|---|---|--|
| Clothing | Underwear and Hygiene | Medical documents | Other |
| <p>Nightgown, comfortable for delivery (preferably short-sleeved or with front opening)</p> <p>Nightgown, comfortable for breastfeeding</p> <p>Dressing gown</p> <p>Slippers and flip-flops</p> | <p>Comfortable nursing bra, Postpartum underwear (absorbent disposable or washable briefs), Personal hygiene items (toothbrush, soap, towels, hairdryer...)</p> | <p>pregnancy clinical records (latest tests performed, blood group and indirect Coombs test, ultrasounds, recent ECG, vaginal-rectal swabs, and other examinations), and if applicable, consent for analgesia during labor and cord blood donation.</p> | <p>Light nutritious snacks (water, bars, crackers, dried fruit, honey...) Mobile phone charger</p> |
| NEWBORN | | | |
| <p>The baby's clothing should be practical and comfortable, avoiding synthetic fabrics and preferring natural fibers (cotton, linen...).</p> <p>It is recommended to bring 4 sets of clothes individually packaged with adhesive labels showing the baby's LAST NAME and FIRST NAME, each set containing:</p> <ul style="list-style-type: none"> Bodysuit T-shirt/pants or romper Socks Hats (2 for the first outfit) Blanket (according to the season) <p>Hygiene products for the newborn are provided by the nursery.</p> | | | |

Hospital wards

- Visiting hours for relatives are daily from 1:00 PM to 3:00 PM.
- Only one visitor at a time is allowed during visiting hours.
- Visiting hours for partners or trusted persons chosen by the mother are daily from 7:00 PM to 9:00 PM.
- Children are not allowed in the wards.
- Hand washing before contact with the newborn is recommended.

Visiting hours and access conditions may change; please check with ward staff.

Gli orari e il contingentamento possono subire variazioni, pertanto è consigliato fare riferimento al personale del reparto di competenza.

post partum

Baby registration center

The Birth Declaration Centre is located within the Social Services department. Birth registration must be done within 72 hours from birth at the Hospital's Birth Centre Office, by appointment only.

When the Birth Certificate is issued, the specific day and time for official registration will be communicated.

| BIRTH DAYS | REGISTRATION APPOINTMENT |
|------------|--------------------------|
| MONDAY | WEDNESDAY (9-11) |
| TUESDAY | THURSDAY (9-11) |
| WEDNESDAY | THURSDAY (9-11) |
| THURSDAY | FRIDAY (9-11) |
| FRIDAY | MONDAY (9-11) |
| SATURDAY | MONDAY (9-11) |
| SUNDAY | TUESDAY (9-11) |

The Birth Registration Centre does NOT provide preregistration services.

Monday to Friday 9:00 AM to 11:00 AM

Monday and Thursday 2:00 PM to 4:00 PM

Days for Birth Registration Appointments: Monday → Wednesday (9-11)

Newborn discharge

During hospitalization, the newborn undergoes all necessary checks.

At discharge, the neonatologist will provide parents with a folder containing:

- Instructions for umbilical cord care
- Feeding advice
- Possible vitamin therapy
- How to give the first bath
- Follow-up checks to be performed

Breastfeeding support

During hospitalization, breastfeeding and early neonatal care spaces are available for all admitted mothers.

Sessions take place at the central nursery (second floor, central building) on Mondays, Wednesdays, and Fridays at 4:00 PM.

Free breastfeeding consultations are also available at San Pietro Hospital's Outpatient Clinic.

CONTACTS:

Pediatrics Clinic, CUP Building ground floor, tel. 06 33582677

Obstetrics and Gynecology Clinic, CUP Building second floor, tel. 06 33582750

Dr. Patrizia Luciani - Obstetrics Coordinator, tel. 340 3359901

Dr. Antonietta Codella - Neonatology Coordinator, tel. 06 33582755

Dr. Cristina Ciari - Coordinator of San Giovanni di Dio ward, tel. 338 3537600

Dr. Stefania Peschi - Nursery Ward Coordinator, tel. 06 33582756

CLINIC HOURS:

Monday to Thursday 8:00 AM to 5:00 PM

Friday and Saturday 8:00 AM to 2:00 PM

Psychological services

If psychological issues arise, either identified by ward staff or requested by the patient, specialists are available.

After an initial assessment, they can take charge of the patient if desired or provide information about local services near the patient's home.

New pressotherapy service in the postpartum period

We offer new mothers a free pressotherapy treatment, useful for supporting recovery, improving blood circulation, and reducing the feeling of heaviness in the lower limbs.

To undergo the session, it is recommended to bring leggings and socks.

Further information

Patients are reminded that in case of postpartum-related problems within 30 days of discharge, they can contact the obstetric acceptance service at 06 33582751

Physiotherapy Clinic

During and after pregnancy, a woman's body gradually changes posture due to weight gain and loss. Therefore, performing appropriate physical exercises helps the body adapt to these changes and facilitates a return to its original form. These exercises, combined with specific manual techniques, not only improve muscle elasticity and strength but also focus on posture control, as well as enhancing cardiovascular and respiratory function. They also help prevent and treat leg fluid retention, contributing to overall physical and psychological well-being.

Techniques used include:

- Individual and/or group Postural Re-education using Mezieres/Souchard methods
- Individual and/or group Postural Realignment using "Soulspension"
- Manual Lymphatic Drainage
- Myofascial Techniques
- Plantar Reflexology
- Osteopathy

All techniques can be applied starting from the fourth month of pregnancy, always with authorization from the woman's gynecologist.

These treatments are available at the Physiotherapy Clinic.

For information, please call 06/33582780
from Monday to Friday, 2:00 PM to 7:00 PM.

At the Rehabilitation Center, personalized programs can be developed to prevent and treat the most common musculoskeletal problems during pregnancy.

Throughout the pre- and postpartum periods, a woman's body undergoes significant changes that may cause pain in the lower back, neck, shoulders, and legs. Various factors can trigger these issues, including weight gain causing postural changes, hormonal shifts, and emotional stress.

- Individual and/or group Postural Re-education (based on the Mezieres/Souchard method)
- Individual and/or group Postural Realignment using Soulspension
- Manual Lymphatic Drainage
- Pain-relief Massage Therapy
- Plantar Reflexology
- Osteopathy
- Myofascial Techniques

Urogynecology and Female Pelvic Floor Rehabilitation Clinic

The female pelvic floor rehabilitation service focuses on diagnosing, preventing, and treating often overlooked and little-known disorders.

Rehabilitation is recommended at any age, especially after childbirth, during menopause, or when symptoms are present. The clinic is open every Monday afternoon from 3:00 PM to 6:00 PM.

Common conditions treated include:

- Urinary, fecal, and gas incontinence
- Hypotonia and hypertonia of the perineal muscles
- Pelvic organ prolapse
- Urination disorders
- Vulvodynia
- Vaginismus
- Pre and post surgical pelvic area rehabilitation
- Sexual dysfunctions

CONTACTS:

CUP: 06/33581

WATER LABOR: A NATURAL APPROACH TO CHILDBIRTH

This facility provides the option to use a mobile birthing pool, designed to help you experience labor in a more relaxed, natural, and comfortable way.



Immersion in water promotes muscle relaxation and can significantly ease the sensation of pain, making labor more manageable.

Our experienced staff are always on hand to support you, ensuring a positive and safe environment throughout your birthing experience.



How to Reach Us

By Train

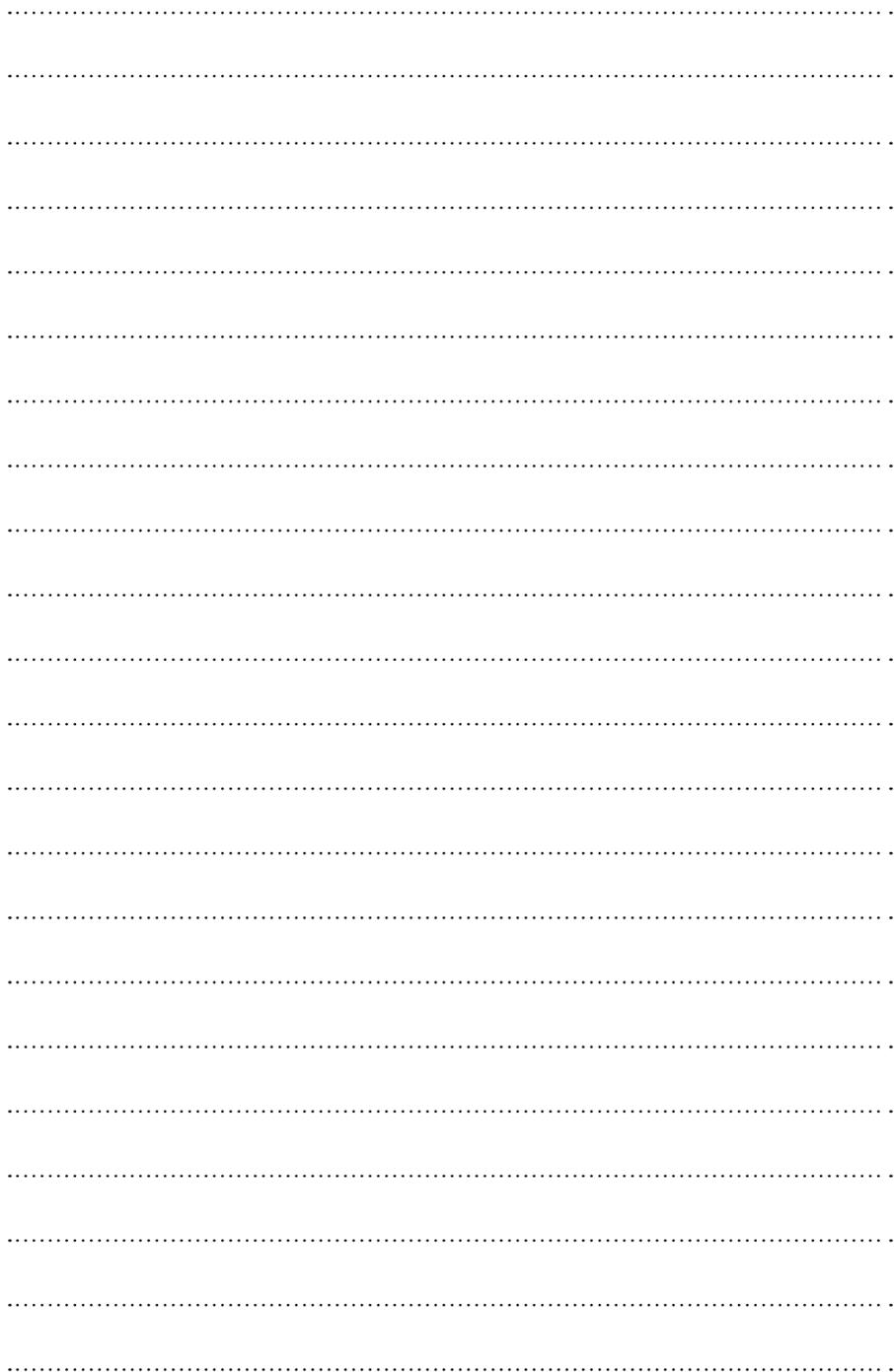
From Roma Termini, take Metro Line A to the “Flaminio” stop.
From Piazzale Flaminio, take the ATAC tram line 2 to Piazza Mancini.
Then take bus 301 to Ospedale San Pietro.

By Car

Take the Grande Raccordo Anulare, exit no. 3 (Via Cassia) heading toward the city center.

By Bus

Line 201 (from Piazza Mancini) to Ospedale San Pietro
Line 301 (from Grottarossa) to Ospedale San Pietro





Provincia Religiosa di San Pietro
dell'ordine ospedaliero San Giovanni di Dio
Fatebenefratelli

Ospedale generale di zona
"SAN PIETRO"

Ufficio Relazioni con il Pubblico

Dott. Mattia De Maria

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