



Blog

Home > Blog > Top 7 Signs You May Need High-Risk Pregnancy Counselling



07/08/2025 — DR. DEEPTI MITTAL

Top 7 Signs You May Need High-Risk Pregnancy Counselling

Pregnancy is a unique journey, but sometimes moms and babies require additional attention, which is known as a high-risk pregnancy. If you're facing some new symptoms during pregnancy or have certain conditions prior, **high-risk pregnancy counselling** can help navigate high risk factors, ensuring safety and health at every step.

Dr. Deepti Mittal is a **Fetal Medicine Specialist in Pune** who has been practicing for the last 12 years. She specializes in multifaceted pregnancies and assists mothers struggling with genetic and chronic disorders, twin pregnancies, and many more. In this blog, we're going to discuss the 7 key signs indicating you might need expert assistance during your pregnancy.

Top 7 Signs You Need High-Risk Pregnancy Counselling:

1.Chronic Health Conditions (Diabetes, Thyroid, Hypertension, or Autoimmune Diseases)

Pregnancy comes with its own set of challenges, and having diabetes, high blood pressure, thyroid issues, or autoimmune diseases such as lupus can further complicate it. Dr. Deepti Mittal further explains, "women with pre-existing conditions need very close health monitoring, especially during pregnancy due to high chances for risky conditions like **pre-eclampsia** or gestational diabetes."

2.Age 35 or Older Gaining Advanced Maternal Age (AMA):

Women aging over 35 years become more susceptible to several issues, including but not limited to Sacramento diabetes, alongside major and minor chromosomal abnormalities like Down syndrome. Dr. Deepti Mittal said, "As women age, the quality of eggs produced tends to decline, leading to the need for early scans and tests for the best results."

3.History of Pregnancy Complications If you have a history of:

- Having miscarriages or stillbirths.
- Preterm births (before 37 weeks).
- C-sections.

Counseling can help mitigate these problems in subsequent pregnancies.

4.Carrying Twins or Triplets:

Multiple pregnancies (twins or triplets) are associated with an increased likelihood of pre-eclampsia, preterm labor, or uneven growth between the babies. Dr. Deepti Mittal expertly manages dichorionic and monochorionic twin pregnancies, focusing on their healthy development.

5.Abnormal Prenatal Screening Results:

If you have:

- First-trimester screening or NIPT with a high-risk indicator.
- Anomaly scan with structural issues.

You may need more invasive tests like CVS (Chorionic Villous Sampling) or amniocentesis to rule out genetic disorders.

6.Diabetic or Hypertensive Conditions During Pregnancy:

Dr. Deepti Mittal focuses on these conditions stating, "With a customized diet, exercise, and consistent monitoring, these conditions can be managed effectively." Developing gestational diabetes or hypertension may impact the baby's development.



7.Fetal Growth Restriction or Scans Showing Abnormalities If ultrasounds reveal:

- Oligohydramnios(low levels of amniotic fluid)
- Inadequate growth of the fetus
- Abnormal **Doppler scans** (issues with the blood flow)
- These are warning signs that need immediate Dr. Deepti Mittal evaluates heart health with **fetal echocardiography** and makes appropriate plans.

Why High–Risk Pregnancy Counselling Matters?

- **Early Detection:** Identify and manage risks before they
- **Personalized Care:** Dr. Deepti Mittal creates customized plans for conditions like pre-eclampsia, diabetes, or twin pregnancies.
- **Emotional Support :** Expert guidance eases anxiety and builds confidence for expecting

What Dr. Deepti Mittal Offers ?

- **Fetal Scans:** First–trimester, **anomaly**, growth, and Doppler scans.
- **Pre-conception & Prenatal Counselling:** For genetic disorders or high–risk cases.
- **Twin Surveillance:** Specialized care for dichorionic and monochorionic twins.
- **Diagnostic Tests:** CVS, amniocentesis, and fetal blood sampling.
- **Fetal Echocardiography:** Detecting heart abnormalities early.

When to Seek Immediate Help: Visit a specialist if you notice?

- Severe abdominal pain
- Vaginal bleeding
- Sudden swelling in the face/hands
- Decreased baby movements

Conclusion:

Pregnancy is a joyous time, but some situations require expert care. If you notice any of the above signs, high-risk pregnancy counselling can protect your health and your baby’s future. Dr. Deepti Mittal’s compassionate, evidence–based approach ensures you receive the best care possible.

Book an Appointment Today at **Motherhood Hospital (Kharadi)** or Cloudnine Hospital (SB Road), Pune, for personalized high– risk pregnancy management.

Frequently Asked Questions (FAQ's):

– Can high-risk pregnancies result in healthy babies?
Yes! With early intervention and proper care, most high-risk pregnancies lead to healthy deliveries.
+ How often are scans needed in high-risk cases?
+ 3.How to contact Dr. Deepti Mittal in Pune?

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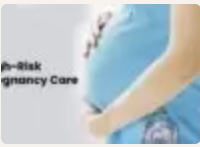
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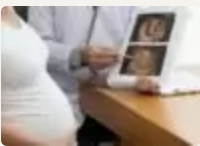
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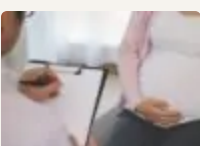
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Mon-Sun: 8:00am-5:00pm

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Counselling Services

- > Pre-Conceptional Counseling
- > Prenatal Counseling
- > High-Risk Pregnancy Counselling
- > Fetal Genetic Counseling and Testing

Fetal Ultrasound

- > NT Scan
- > Anomaly Scan In Pune
- > Fetal Echo

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Cloudnine Hospital, OPD Room - 02, Shri Shivaji Co.Op. Housing Society, Senapati Bapat Rd, behind JW MARRIOTT HOTEL, Gokhale Nagar, Pune

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