

GENERAL INFORMATION.....

- Every routine OB visit we will check weight, blood pressure, urine, fetal heart tones, and fundal height (the size of the uterus).
- There may be extra visits for special problems (high risk conditions like diabetes). Care for problems like yeast infections, urinary tract infections and upper respiratory infections can be provided, but will be billed separate from the OB care.
- Fathers and children may accompany mom for the visits.

OFFICE PROCEDURES.....

- Blood tests can be done in our office or at a lab convenient to you, according to your insurance company. Initial tests include: CBC, blood group and Rh types, antibody screen, rubella titer, syphilis screen, hepatitis screen, and an optional HIV test. A sickle cell test is needed for all women of African heritage, unless the result is known.
- Gonorrhea and Chlamydia cultures may be done at the office as needed.
- Sonograms (Ultrasound) are usually covered routinely in pregnancy by most insurance. We recommend one in the first trimester and one at 18-20 weeks.
- For lab and ultrasound results you will receive a call.

BOOKS.....

- *Your Pregnancy, Week by Week*- authors: Glade B. Curtis & Judith Schuler, “This is an exciting time for you – having a baby growing inside is an incredible experience”.

DIET.....

USDA's Food Safety and Inspection Service (FSIS) and the U.S. Food and Drug Administration (FDA) provide the following advice for pregnant women:

- Do not eat hot dogs, luncheon meats, or deli meats unless they are reheated until steaming hot.
- Avoid getting fluid from hot dog packages on other foods, utensils, and food preparation surfaces, and wash hands after handling hot dogs, luncheon meats, and deli meats.
- Do not eat soft cheeses such as feta, Brie, and Camembert, blue-veined cheeses, or Mexican-style cheeses such as queso blanco, queso fresco, and Panela, unless they have labels that clearly state they are made from pasteurized milk.

- It is safe to eat hard cheeses, semi-soft cheeses such as mozzarella, pasteurized processed cheese slices and spreads, cream cheese, and cottage cheese.
- Do not eat refrigerated pâté or meat spreads.
 - It is safe to eat canned or shelf-stable pâté and meat spreads.
- Do not eat refrigerated smoked seafood unless it is an ingredient in a cooked dish such as a casserole. Examples of refrigerated smoked seafood include salmon, trout, whitefish, cod, tuna, and mackerel which are most often labeled as "nova-style," "lox," "kippered," "smoked," or "jerky." This fish is found in the refrigerated section or sold at deli counters of grocery stores and delicatessens.
 - It is safe to eat canned fish such as salmon and tuna or shelf-stable smoked seafood.
- Do not drink raw (unpasteurized) milk or eat foods that contain unpasteurized milk.
 - Use all refrigerated perishable items that are precooked or ready-to-eat as soon as possible.
- Clean your refrigerator regularly.
- Use a refrigerator thermometer to make sure that the refrigerator always stays at 40 °F or below.

REMINDERS IN EARLY PREGNANCY.....

- Eating- multiple small meals (5-7+), with a good balance of carbohydrates and protein (at least 70 grams of protein/day) usually keeps energy level and blood sugar in a good range.
- Morning Sickness - Vitamin B6 (100 mg/ day), ginger (ale, tea or snaps) or peppermint may help. Call if very sick.
- Vitamins - over the counter "Prenatal vitamins" or prescription prenatal vitamin are fine
- Fluids - at least eight 8-ounce glasses daily, include 4+ glasses of water.
- Bowel Movements - Colace (stool softener), Senekot (bulk fiber) and warm prune juice are recommended for constipation.
- Avoid Hot Tubs (hot baths are fine).
- No changing cat litter.
- Exercise - if you already exercise, continue what you're doing. As you feel tired or sore, cut back moderately (e.g. low impact aerobics). If you need to start exercising; walking

30-45 minutes, 3-5 times a week would be great. Keeping your heart rate to less than 150 bpm for up to 20 minutes is recommended.

- No high impact sports during whole of pregnancy. Ex: downhill skiing, water skiing, team sports without consent of doctor.

INSURANCE.....

- Finally, we want to encourage you to familiarize yourself with your insurance benefits so that there are no surprises when you receive a billing statement. Please note; most hospital admissions require prior-authorization. Because this is ultimately your responsibility, we ask that you please contact you insurance prior to your delivery to inform them of the future admission.
- We need you to provide the newborn's full name and insurance information. Please let us know if the child is insured through the father under a separate policy from the mother.
- Should you have any questions, please feel free to ask us at any time.