

ADVANTAGE WOMEN'S CARE

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OB WELCOME LETTER

We would like to welcome you to our office and thank you for selecting Advantage Women's Care for your obstetrical care. Our goal is to render the best health care for you and your baby. We hope you will find this pregnancy a pleasant and rewarding experience. It is crucial that every appointment be attended. You must arrive no later than 15 minutes prior to each scheduled appointment. In the event you need to reschedule your appointment, as a courtesy, please notify our office a minimum of 24 hours in advance. Failure to attend your appointment and/or consistent tardiness of your appointment may result in dismissal from the practice due to non-compliance. Both you and your baby's health are important to us; therefore, every effort must be displayed in attending your appointment.

LABS

Your prenatal labs will be drawn at the first OB visit:

- CBC to rule out anemia
- RPR to screen for syphilis
- Rubella titer to determine immunity against rubella (German Measles)
- Blood type and RH
- Urine culture to rule out urinary tract infections
- Hepatitis and HIV screening

Ultrascreen test is elective at 10-13wks to screen for fetal anomalies

- Quad screen is elective, but recommended at 15-20 wks to screen for fetal anomalies
- Diabetes screen/CBC at approximately 28 wks
- Strep B cervical culture at approximately 36 weeks

TEST RESULTS

Test results are called in to patients **ONLY if they are ABNORMAL**. Therefore, if you do not receive a call from us, then your results are normal. Thus, it is important that your contact information is kept up-to-date.

ULTRASOUNDS

Initial visits include an ultrasound. **THE ULTRASOUNDS DONE IN OUR OFFICE ARE INFORMAL AND DO NOT RULE OUT ANY ANATOMICAL OR CHROMOSOMAL ABNORMALITIES.** You will be referred to an outside imaging center for formal ultrasounds at 18wks and then again at 28wks. Your insurance may or may not cover the ultrasound. It is your responsibility to verify coverage with your insurance company. Ultrasound exams will not reliably show physical abnormalities in the infant. A normal ultrasound should not be considered a guarantee that no abnormality is present.

PRESCRIPTIONS

Please ask for prescription refills DURING your appointments before your pills run out.

DENTAL APPOINTMENTS

Only non-elective dental work is recommended during pregnancy. X-rays should be avoided, but if necessary an abdominal shield should be used. Epinephrine is not recommended for anesthetic.

MEDICATIONS ACCEPTABLE DURING PREGNANCY

Below is a list of common ailments with approved OTC (over the counter) remedies:

- Headache: Tylenol or Extra-Strength Tylenol
- Minor sore throat: Chloraseptic spray/gargle
- Head cold/sinus: Sudafed, Benadryl or Drixoral
- Cough: Robitussin (plain)
- Hemorrhoids: Tuck pads, Anusol or Preparation H
- Constipation: Prunes or Milk of Magnesia
- Indigestion/Heartburn: Mylanta or Sodium-free TUMs, Pepto-bismal
- Diarrhea: Clear liquids for 24 hours (7-Up, Sprite, Ginger Ale) Advance to bananas, rice, applesauce and tea. Once the diarrhea has stopped, resume regular diet. Imodium, and over the counter drug may be taken.
- Morning Sickness: Vitamin B6 50mg one, four times daily
- Minor swelling: Reduce salt intake and elevate feet as often as possible

ABSOLUTELY NO MOTRIN/ALEVE/ADVIL/ASPIRIN while you are pregnant!!

IF any of these symptoms persists or are accompanied by fever, call the office.

THANK YOU

Again, thank you for selecting Advantage Women's Care for your obstetrical care.

We strive to always improve ourselves. Any suggestions or comments are warmly appreciated.

AWC