

## **Welcome to Gentle Gynecology & Obstetrics**

*Congratulations on your pregnancy and welcome to our practice! Our goal is to provide excellent obstetric care. Everyone on our staff remembers the joy and the fear, the emotional and physical changes during pregnancy. We hope to reassure you, to challenge you to be your best and to ensure the health of our two patients — you and your baby.*

*One important point: There are NO dumb questions.*

### **Due Date and Timing in Pregnancy**

*Your due date is determined as 40 completed weeks from your last period. If you are unsure of your last period or have irregular intervals between menstrual cycles, let us know. Ultrasound is often used to confirm or change a due date. It is normal for your baby to arrive anywhere from 37 to 40 weeks.*

*We will talk about your pregnancy in weeks. Every 13 weeks marks a trimester.*

*Routine visits are scheduled as follows:*

- *Every 4 weeks from 10 to 30 weeks*
- *Every 2 weeks from 30 to 36 weeks*
- *Every week from 36 weeks to delivery*

### **Pre-Natal Care**

*We will discuss all of the following at your office visits; however, it is nice to have something to refer to when questions come up.*

#### **1. Nutrition/Health Habits**

*A good rule during pregnancy is to be yourself, but better. Substitute cottage cheese for that doughnut. Eat your greens. A low-fat, low-sugar diet is best. Stop smoking. We recommend gaining five to ten pounds in the first twenty weeks, then a pound per week for the next twenty weeks. Listen to your body. Eat when you are hungry. If you have a limited diet, for example, vegetarianism, make sure you get enough folic acid, protein and iron.*

#### **2. Medications**

*After the first trimester, you may take Tylenol or Sudafed (dose on package) if you have a cold (or you may choose to simply blow your nose). Call us regarding any other medications. In general, keep medications to a minimum.*

#### **3. Ultrasound**

*We generally send you to a Perinatologist for a limited ultrasound in your first trimester for an Integrated Screen. Another screening ultrasound is done at approximately 20 weeks for fetal anatomy.*

**4. When to call the office: (Call 954-436-7667 day or night)**

- *Temperature over 101 degrees and/or chills*
- *Nausea and vomiting such that you haven't been able to keep down fluids for 24 hours or more*
- *Vaginal bleeding*
- *Marked decrease in the baby's movements (after 24 weeks)*
- *Severe abdominal pain*
- *Burning with urination*
- *Any time you are unsure or have questions*

**One note:** *the after-hours recording at the 954-436-7667 is available after hours. Don't hesitate to call if you are unsure whether your obstetric problem is an emergency.*

*If you have a non-acute problem or question, please call during regular business hours.*

**5. Insurance**

*As you may know, there are several types of insurance plans. You are responsible to know whether your plan requires that you see your primary care physician first and if you must pay a co-pay.*

*If we are a participating practice in your insurance plan (PPO or HMO, etc.), we will be happy to file insurance claims for you as a courtesy. The front office can tell you if we participate with your insurance plan.*

*If you have any office billing questions, call 954-436-7667 Ext: 102, or if your bill is related to a Lab please call 954-436-7667- Ext:100.*