



FIRST OBSTETRIC VISIT

The Doctors and Staff at OB/GYN Associates want to congratulate you on this pregnancy and thank you for choosing us to take care of you during this important time of your life. This handout is intended to acquaint you with some of our policies and to answer some of the more frequently asked questions.

WEEKS OR MONTHS? Doctors tend to date pregnancy in weeks rather than months because we feel that this is more precise. On the first day of your last menstrual period you were zero weeks pregnant. On your due date you will be forty weeks pregnant. Not everybody delivers on their due date. Routine pregnancies are seen every four weeks until thirty-two weeks, then every two weeks until thirty-six weeks, and then every week until delivery.

HOW TO CONTACT THE DOCTOR. Should you have any medical problems questions, or in any way need to contact the doctor during this pregnancy, we are easily available. Our telephone number at the office is 842-1161. The office is open Monday through Friday from nine to five. Your doctor may not be available when you call. If you will leave a message, either they or their nurse will get back with you. If you have an emergency and it is after hours, it is usually recommend that you go to the emergency department at North Mississippi Medical Center. For patients over 20 weeks, you may go to the obstetric emergency room at Women's Hospital for complications of pregnancy.

PRENATAL CLASSES. We recommend that all patients having their first baby go through some type of prenatal classes. We recommend that you start these classes at about twenty-eight weeks. Prenatal Classes are offered through North Mississippi Medical Center. Arrangements can be made for enrollment by calling 1-800-THE-DESK.

LABORATORY. Each week when you arrive for your office visit, you should go by the laboratory as soon as you sign in. You will need to give a urine sample on each visit and on some visits we will need to stick your finger or arm. Between 24 and 28 weeks we will also need to do a blood sugar.

MEDICATIONS. You will be given a prescription for vitamins. You should take these every day until the baby is six weeks old. Some patients may need to take iron tablets if their hemoglobin is low. You can take Tylenol for fever or generalized aches or pains. You can take Maalox, Mylanta, or Riopan for indigestion. You can take Metamucil, Milk of Magnesia, Haley's M.O., or a stool softener for constipation. You can take Robitussin for a cough. After twelve to fourteen weeks gestation, you can take Sudafed or Actifed for a cold. We recommend that you check with us prior to taking any other medications during this pregnancy.

FURTHER INFORMATION. Along with this sheet, you should have been given a book about pregnancy. It is very important that you read this book and keep it handy. Many of the questions that you will have may be answered in this book.

QUESTIONS, QUESTIONS, QUESTIONS. We often find our patients saying, "I had something I was going to ask you but I forgot what it was," at their prenatal visits. We recommend that you write down any questions that you may come up with and bring them with you for your routine visits. That way we can take our time and make sure that you understand the answers to all these questions.