

Welcome to The Women's Health Group. We are delighted that you have chosen our office for your Obstetrical care! Our philosophy of Obstetrics is to give you the kind of care you would like: tempered by what we feel is medically indicated. We ask that you take time now and throughout your pregnancy to read the information about our office policies. If you have specific concerns please feel free to speak directly with your physician.

Office appointments will be scheduled on a monthly basis from the second to the seventh month. The eighth month you will be seen every two weeks. The final month until delivery we will see you every week. If you feel that you need an additional appointment between your scheduled visits, please call the office and discuss this with the triage nurse. If you are determined by the physician to be high-risk or have antecedent medical problems your office schedule will be adjusted accordingly.

The physicians of The Women's Health Group share call with each other for hospital care on a rotating basis. Jennifer Gibbens, M.D., Lora Larson, M.D. & Marsha Howerton, M.D. also share call with our group. If you are having an **emergency** after office hours, please call our office number, 293-6200, and leave your name and phone number with the answering service. The doctor on call will return your call as soon as possible. Please disable "call blocker" from your phone line and leave the line open for the physician to return your call. Have a pharmacy number available for a pharmacy open at the time of your call should you need a prescription. Currently we deliver at Hillcrest Medical Center and St. John Medical Center. Please let us know which hospital you prefer and is allowed by your insurance carrier. If possible, we will try to schedule your office appointments at the office associated with your delivering hospital. If this is not convenient then you may be seen at either office.

MEDICATIONS ALLOWED DURING PREGNANCY: If you do not see a medication listed below you must clear it first with your physician prior to taking! Do not discontinue **prescription** medications without consulting with a physician first! Medications will be reviewed at your initial prenatal appointment. Pain medications and sleep aides should be discontinued once pregnancy is determined.

Minor aches, pains, headaches: Acetaminophen (Tylenol, regular or extra strength, Datril) Avoid aspirin containing products (Excedrin) and Ibuprofen

Constipation: Colace, Senokot, Citrucel, Fibercon or Surfak. Lots of fruits, water, veggies

Hemorrhoids: Preparation H, or Anusol Topical cream or suppository

Heartburn: Gaviscon liquid, Mylanta, Maalox, Riopan, Tums 2-3 per day, Zantac 75

Diarrhea: Immodium AD, clear liquids and a bland diet for eight to twelve hours, if diarrhea persists, or you begin vomiting, or temp greater than 100, call the office.

Nausea: Emetrol, Vitamin B-6 100mg at night, Dramamine. If nausea or vomiting persists call the office for a prescription.

Colds/Allergies: Sudafed, Benadryl, Chlor-Trimeton, Tavist, Claritin D, Zyrtec beyond 12 weeks. NO PHENYLEPHERINE. If you are unsure – speak to the pharmacist and purchase products placed behind the pharmacy counter!

Flu Shots: We recommend that a flu shot be given during pregnancy.

Yeast Infections: Monistat or any other vaginal anti-fungal. Suppositories preferred. If utilizing a vaginal applicator for cream, only insert half way in the vagina.

ULTRASOUND EXAMINATIONS: An ultrasound will be performed during your pregnancy at your initial visit and again in the fifth month. It is very important to determine your exact due date and this will be done at your initial visit. We make every effort to perform an additional screening examination during the fifth month. Ultrasounds will be performed when medically indicated and ordered by your physician.

NUTRITION: Total weight gain recommended in pregnancy is approximately 25-30 pounds. Remember, a daily increase of only 300 calories a day is required to maintain your pregnancy. In addition, we recommend that foods high in iron be included in your daily diet. A high protein diet (90-100 gms daily) is recommended. Increase your daily fluid intake. Drink at least eight glasses of water daily. This will help prevent constipation and bladder infections. Salt your food to taste. Carbonated soft drinks and caffeine should be kept to a minimum. You will also need 1500 mg of calcium or 4 servings of a dairy product daily. We recommend you **avoid** eating raw/uncooked meat (sushi, rare steak, steak tartar) during pregnancy. Deli meats are fine unless Listeria outbreaks become a problem in Oklahoma. We also recommend you limit your fish and seafood intake to 2-3 servings per week, due to the mercury content.

ALCOHOL: Drinking alcoholic beverages is **not** recommended during pregnancy.

SMOKING: Cigarette smoking is proven to be **directly harmful** to your unborn baby. It is not recommended during pregnancy in any amount. Speak to your physician about smoking cessation.

INTERCOURSE: You may have sexual relations during pregnancy unless a complication necessitates abstinence. This will be discussed with you and your partner as needed.

EXERCISE: Any exercise or athletic activity that you are presently doing will probably be safe to continue during pregnancy. Do not utilize this time to "train" or to push your workout. If you experience low back pain, cramping, vaginal bleeding or spotting you should discontinue the activity immediately. Snow skiing, water skiing, and scuba diving should be **avoided** entirely. **Avoid** saunas, whirlpools, hot tubs, or showers over 100 degrees. Exercise programs and classes designed for pregnancy are fine. We encourage you to keep active during your pregnancy.

DENTAL WORK: We encourage you to see your dentist on a regular basis. Dental cleanings are important during pregnancy. Dental procedures may be done with a local anesthetic. No general anesthesia. X-rays may be performed with a lead apron to cover the abdomen. If your dentist has additional questions please instruct them to notify the office.

SALON SERVICES: Hair coloring, highlights, manicures and pedicures are fine during your pregnancy. Make sure the salon is reputable and well ventilated. Keep in mind that your hair texture is different in pregnancy and perms or hair coloring may be slightly different than before. Tanning beds should be strictly avoided during pregnancy. Massage designed for pregnancy is allowable.

TRAVEL: While riding or driving in a car, you should always wear your seat belt across your shoulder and lower abdomen. Trauma to the fetus from wearing a seat belt is unfounded! Commercial air travel is fine up until 36 weeks of pregnancy. Private aircraft should remain below 10,000 feet.

LEAVE OF ABSCENCE: It is our policy to approve a six week medical leave of absence following either

