



Alliance Obstetrics & Gynecology

Welcome to our Obstetrics Practice!

GROUP PRACTICE

Your visits will be organized to reflect the philosophy of our group practice. One of our physicians will be your primary obstetrician. This means you will see her for the majority of your visits. You will also be assigned to a Nurse Practitioner who will see you for several visits during your pregnancy as well as your 6 week post partum check up. There may be times when your physician will be unavailable and you will have to see another physician in our group. Our call rotation is divided up equally and you will be delivered by the physician on call. Our on call physician is not scheduled to see patients in the office, allowing them to be more available to laboring patients.

PATIENT QUESTIONS

You will be given a packet of information on your first visit to help answer most of your questions. You may choose instead to access all of this information on our website at www.alliance-obgyn.com. If the information included in your packet or on our website fails to answer your questions, and you cannot wait until your next appointment, please send a message through the Patient Portal or call our phone nurses. When you call the office, give your message to the receptionist and she will pass it along to the nurse. The nurse will return your call between the hours of 9am and 4pm. Be sure to give a number where you can be reached all day.

GENERAL PLAN OF CARE

- Initial visit will be with the ob intake nurse at 7 –9 weeks for history review, education and lab work.
- First doctor visit, which includes a physical exam and history review will be at 8-12 weeks. An attempt to listen to the baby's heartbeat will be made if this visit is after 10 weeks. It is uncommon that we are able to hear the baby's heartbeat prior to 10 weeks.
- Visit with Nurse Practitioner at 14-18 weeks.
- Ultrasound at 18–20 weeks.

- TDAP vaccine at 26-36 weeks.
- Repeat lab work at 28 weeks.
- Visit to our nurse practitioner to discuss labor, baby care, and postpartum issues at 32 weeks.
- Culture of the vagina at 35-37 weeks. The culture will check for Group B Strep. Refer to the handout on Group B Strep.

AN AVERAGE PREGNANCY LASTS 40 WEEKS

Weeks 1 –32, we will see you every month.

Weeks 32 -36, we will see you every other week.

Weeks 36 –40, we will see you on a weekly basis. (Should you go past your due date, we will see you twice weekly until you deliver).

There may be changes to the above schedule due to individual needs and as directed by your doctor.

NUTRITION, HYDRATION AND WEIGHT GAIN

We **DO NOT** want you to diet while you are pregnant. We encourage you to read the information in your packet or on our website regarding what you can and cannot eat. This will provide you with good information on healthy eating while pregnant.

We encourage a minimum of six to eight 8 oz glasses of water daily.

A weight gain of 20–40 pounds during your pregnancy is recommended, depending on your build.

ISSUES OF CONCERN:

If you experience any of the following please call our office, Monday–Friday, 8:00am to 4:30 pm. If you experience the following after our regular clinic hours, please go to OB admitting at Sparrow Hospital, 3rd floor.

- Chills or fever over 101 degrees Fahrenheit.
- Painful or burning urination.
- Bloody discharge or bright red bleeding from the vagina.
- Persistent abdominal pain that is not relieved by a bowel movement.
- Severe nausea or vomiting/diarrhea that could lead to dehydration. (Severe meaning several times within one hour).
- Visual disturbances, i.e. blurring or doubling of vision.

- Severe or persistent headache lasting more than 2–3 hours after taking regular or extra strength Tylenol as directed by package.
- Before 36 weeks if you think you are in labor. Go to Sparrow early, as we may need to try to stop pre-term labor conditions.
- After 36 weeks – as long as the baby is active and water is not broken, stay home as long as you are comfortable. When contractions are strong and regular, go to Sparrow.
- Gush or steady leaking of fluid from vagina, even if you are not having contractions.

It is not necessary to call us before you go to Sparrow – they will notify us of your arrival.

THINGS TO AVOID

- Cigarettes, alcohol, “street” drugs, caffeine, saccharin.
- Vaginal douching.
- Over the counter drugs, not listed on the blue sheet.
- Old prescription drugs, prescribed prior to being pregnant.
- Hot tubs, Jacuzzis and whirlpools with water exceeding 100 degrees Fahrenheit.
- Toxic substances, i.e. varnish, paint remover, etc. Use only with good ventilation for short periods of time.
- Avoid intercourse if threatening to miscarry, experiencing bleeding/cramping, or if your bag of waters has ruptured or if you feel you may be in premature labor.
- If you are a cat owner, refrain from emptying the cat litter box. Wear gloves while working in the yard or garden.

EXERCISE GUIDELINES

- Do not become over fatigued while exercising.
- Do not put yourself at risk for injury, or risk of falling and possible injury to the baby.
- Any other questions regarding exercise or other activities, please ask your doctor.
- Keep heart rate under 140.

Welcome to Alliance Obstetrics and Gynecology!

Our goal is to provide you with excellent care and service.