

*The Austin Diagnostic Clinic  
Obstetrics and Gynecology*



***Prenatal Care  
During Your  
Pregnancy***



## **Monday's Child**

*Monday's child is fair of face,  
Tuesday's child is full of grace,  
Wednesday's child is full of woe,  
Thursday's child has far to go,  
Friday's child is loving and giving,  
Saturday's child works hard for a living,  
But the child born on the Sabbath day  
Is bonny and blithe, and good and gay.*

*-- Old British Nursery Rhyme*



## *Appointments*

Your return OB visits will be scheduled every four weeks until you are 32 weeks pregnant, every two weeks until you are 36 weeks, and then once a week until delivery. We encourage you to schedule two appointments at a time. If you cannot keep your appointment, please call us as soon as possible to reschedule.

## *Emergencies*

Our office hours are 8:30 a.m. to 5:00 p.m., Monday through Friday. Please dial 901-4913 should you need to speak with a nurse or if an emergency occurs DURING office hours. After hours dial 901-1111 and the operator will assist you. Please note that our physicians rotate call after hours and on the weekend.

## *Hospitals*

We deliver exclusively at North Austin Medical Center (NAMC). You will need to fill out a Hospital Preregistration Form prior to your delivery. You may pick up this packet from the front desk at the Women's Center. Please return the completed packet by your 20th week of pregnancy. Labor & Delivery is located on the 2nd Fl.

## *Transfers*

If you are transferring care from another facility, please bring your records to your first visit. (You can also arrange to have your records mailed to us.)



## Prenatal Classes

The following prenatal classes are available:

- **Lamaze:** prepared childbirth education includes a tour of birthing suites
- **Introduction to Breast-feeding Basics**
- **Prenatal Exercise Classes**
- **Mother & Baby Classes**

**Please note:** *Classes are not covered by insurance or Medicaid.*

## Pediatrician

If you do not have a pediatrician, you may call one of our Pediatric Sections schedule a “prepartum” appointment to meet with the doctor. Please let our office know who your pediatrician will be so that we may record their name on your prenatal record. ADC Pediatrics North Austin - 901-4016, ADC Pediatrics at Far West - 531-KIDS (5437) and ADC Pediatrics South Austin - 460-3404.

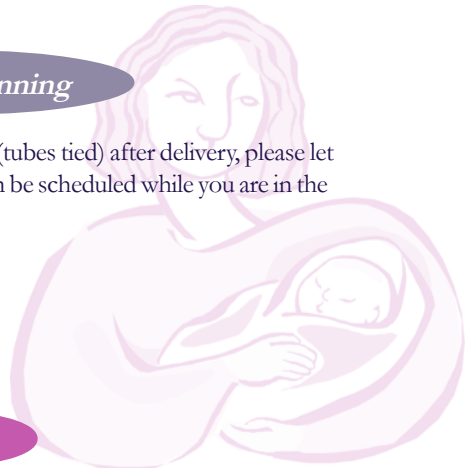
If you are already established with a non-ADC pediatrician, please check to see if he/she has privileges at NAMC. If not, a NAMC staff neonatologist will examine your baby while he or she is in the hospital. Your regular pediatrician will then see your baby once you leave the hospital.

## Circumcision

Please be aware that many insurance companies do not pay for circumcision. They view this as an elective procedure.

## Family Planning

If you are planning on having a tubal ligation (tubes tied) after delivery, please let your physician know so that the procedure can be scheduled while you are in the hospital.



## Medications

We prefer that you take as few medications as possible. You will be given a prescription for prenatal vitamins. All medications should be taken according to directions.

*The following medications may be taken during pregnancy:*

### SYMPTOM

Headaches  
Cold  
Sinus Congestion  
Sore Throat  
Heartburn  
Diarrhea  
Constipation  
Hemorrhoids  
Cough  
Nausea

### MEDICATION

Tylenol  
Contac or Tylenol Cold & Sinus  
Sinutab, Sudafed, Actifed, or Benadryl  
Cepacol, Sucrets, Chloraseptic lozenges  
Maalox, Mylanta, Tums  
Immodium AD  
Surfak, Milk of Magnesia, Metamucil  
Annusol or Analpram 1%  
Robitussin DM  
Emetrol, Vitamin B6 25 mgs 3x day, Sea-Bands

*Call your doctor if:*

- You have questions about medications.
- You have a fever over 101 degrees Fahrenheit.
- You have a productive cough.
- You have taken medication with no improvement after two days.

*Avoid the following during your pregnancy:*

Ibuprofen	Caffeine
Aspirin	Artificial sweeteners (saccharine). Splenda okay.
Tetracycline	Hot tubs
Drixoral	Saunas
Sulfa drugs	X-rays
Floxin drugs	Sunburn
Alcohol	Naproxen
Cigarettes	

## What to Expect at Each Visit

### 1st Visit 0-10 Weeks

- Review medical history by nurse
- Patient education
- Gift Pack - Prenatal vitamin samples
- Lab - Routine tests recommended by the American College of Obstetrics and Gynecology
  - CBC (blood count)
  - Blood type and antibody screen
  - Rubella (German Measles)
  - RPR (Syphilis)
  - Hepatitis B
  - HIV
  - Urine Culture
- Physical exam by your physician
- Pap smear and vaginal cultures
- Ultrasound if indicated
- Arrange amniocentesis if indicated

**Please note:** You will be contacted by the nurse only if you have abnormal results

### 2nd or 3rd Visit 15-20 Weeks

- AlphaFetoProtein (AFP3) blood test (screening for Downs Syndrome, Neural Tube Defects, and Trisomy 18). This is an optional test.

**Please note:** The nurse will call with these results. If you have not heard from our office within 7 working days please call.

### 4th Visit - 20 Weeks

- Routine Exam - A routine exam will include your weight, BP, urine test, fetal heart tones, and fundal height measurement.
- Around this time you will have an ultrasound to check growth and anatomy of the baby. Some physicians do this in the office and others will arrange for you to have it performed at a radiology facility.

**5th Visit 24 Weeks**

- Routine Exam

**6th Visit 28 Weeks**

- Lab:  
1 hour Glucose test to screen for gestational diabetes. No fasting;  
no heavily sugard foods.  
CBC - checks for anemia or “low iron” blood count  
Rhogam Injection - if Rh negative

***Please Note: Nurse will call only if your result is abnormal.***

**7th Visit 32 Weeks**

- Routine Exam

**8th Visit 34 Weeks**

- Routine Exam

**9th Visit 36 Weeks**

- Routine Exam
- Pelvic exam and vaginal culture for Group Strep B

**10th Visit 37 Weeks**

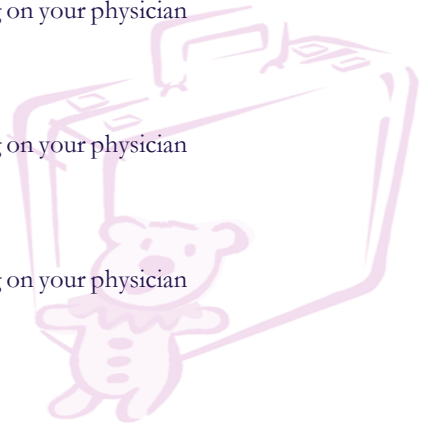
- Routine Exam
- Pelvic Exam - depending on your physician

**11th Visit 38 Weeks**

- Routine Exam
- Pelvic Exam - depending on your physician

**12th Visit 39-40 Weeks**

- Routine Exam
- Pelvic Exam - depending on your physician



## *Warning Signs*

Please contact your physician should you experience any of the following:

- Bleeding or leaking fluid from the vagina
- Decrease in fetal movement (after 28 weeks)
- Fever more than 100.4 degrees Fahrenheit
- Prolonged headache (not relieved by Tylenol)
- Blurred vision or spots in front of eyes.

## *Helpful Numbers*

### *Appointments*

901-4063

### *Emergencies During Office Hours*

901-4013

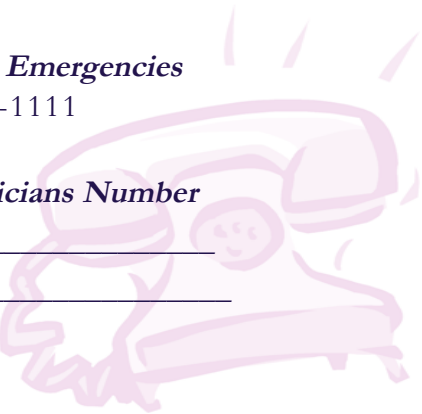
### *After Hours Emergencies*

901-1111

### *Your Pediatricians Number*

*name:* \_\_\_\_\_

*number:* \_\_\_\_\_





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