

First of all, congratulations! We are delighted that you have chosen the Women's Medical Center to deliver your baby. We have proudly delivered babies on the Westbank since 1962, and we look forward to delivering your baby, too. We have prepared an informative folder for your use as a resource throughout the pregnancy.

We have 8 OB/GYNs who will work together to care for you during your pregnancy. You may schedule an appointment with the same physician for every visit, or you may choose to meet all of our physicians.

We have one office location – 515 Westbank Expressway; Gretna, La. 70053, (504)366-7233.

1<sup>st</sup> floor: Stacey Clasen, M.D. and Jeanne Hutchinson, M.D.

2<sup>nd</sup> floor: Mark Allen, M.D.; Jennifer Bigelow, M.D.; Elizabeth Blanton, M.D.; Ilsa Leon, M.D.; Sergio Castillo, M.D.; and Geoffrey Gillen, M.D.

Our physicians are available for deliveries and emergencies 24 hours a day. We ask that you call the office with questions or concerns before 4:00 p.m. If you are in labor or feel that you have an emergency, we ask that you proceed directly to the Labor and Delivery Unit or to the Emergency Department.

You may choose to deliver your baby at Ochsner Medical Center – Westbank or West Jefferson Medical Center. We will help you pre-register for the hospital at your first prenatal visit. Both hospitals offer tours and many classes such as Early Prenatal classes, Labor and Birth, Lamaze/Prepared Childbirth, ABC's of Breastfeeding, Sibling and Grandparent classes, and many more. You will receive a hospital packet with details about classes and other hospital information. We also encourage you to take a car seat safety class, which can be scheduled even before your baby is born.

If you choose to have your son circumcised, we will perform the circumcision after your baby has had the newborn exam by your pediatrician. Circumcision is an elective procedure and is completely your choice. We would be happy to discuss circumcision at any office visit or provide a pamphlet for your review.

We will verify your insurance information at your first visit. If you do not have insurance coverage, please meet with our insurance department for guidance.

Within this folder you'll find information on the following:

ROUTINELY PERFORMED TESTS IN PREGNANCY

OVER-THE-COUNTER MEDICATIONS IN PREGNANCY

Information on optional tests, screening for cystic fibrosis, and screening for birth defects

WMC Obstetrical Fee Policy

If you have any questions or require further discussion, please do not hesitate to ask. It is our pleasure to take care of you during this exciting time.

## ROUTINELY PERFORMED TESTS IN PREGNANCY

**CBC:** blood test that screens for anemia and a number of different blood cell abnormalities

**Blood type and antibody screen:** blood test to determine your blood type and presence of any antibodies

**HIV:** blood test that screens for HIV. This is important for your general health. Prevention of transmission to newborns is very important.

**Rubella:** blood test that determines if you have been vaccinated against Rubella (German measles). This test will be “*reactive*” if you have been vaccinated. If you're non-immune, you can receive a vaccination after delivery.

**RPR:** blood test that screens for syphilis, which is an STD (sexually-transmitted disease) that can be passed to your baby. Syphilis can be treated during pregnancy.

**HBsAG:** blood test that screens for hepatitis B, an infection of the liver that is transmitted through the blood or infected bodily fluids exchanged through sexual contact. You may have been vaccinated against hepatitis B.

**Hepatitis C antibody:** blood test that screens for hepatitis C, an infection of the liver that is transmitted through the blood or infected bodily fluids exchanged through sexual contact.

**Hemoglobin electrophoresis:** blood test that screens for sickle cell trait, sickle cell anemia, or anemia

**Gonorrhea, chlamydia, trichomonas:** vaginal/cervical cultures that screen for sexually transmitted infections of the cervix or vagina. Gardnerella and candida are not sexually transmitted and do not need treatment unless you have vaginal discharge, odor, or itching.

**POCT Urinalysis:** every visit your urine will be screened for infection, protein, and glucose (sugar)

**Urine culture:** urine screen for urinary tract infections, which can be asymptomatic during pregnancy

**Pap smear:** screen for cervical pre-cancer or cancer

**Urine drug screen:** important for us to know if you are taking illicit drugs or any medications not prescribed. Your urine will be screen 3 times during the pregnancy.

**Sequential screening for Down syndrome, Trisomy 18, and Spina Bifida:** Two parts – 1<sup>st</sup> trimester and 2<sup>nd</sup> trimester blood tests. These tests are optional and will be discussed in the appropriate trimesters.

**Cell-free DNA:** another optional screening test for Down syndrome, Trisomy 18, and select other chromosomal abnormalities. This test may or may not be covered by your insurance. There may be additional charges with this test.

**Cystic Fibrosis carrier screen:** optional testing that screens for a genetic disorder that causes problems with breathing and digestion. Please notify us if anyone in your family or the father's family has Cystic Fibrosis. A handout is included in your folder for review.

**Group B Streptococcus:** culture performed at 35-37 weeks to determine if prophylactic antibiotics are necessary during your labor

## OVER-THE-COUNTER MEDICATIONS IN PREGNANCY

### Headache or fever:

Acetaminophen (Tylenol) regular or extra-strength.

**\*\*\*You should not use aspirin, Aleve, or ibuprofen (Motrin) unless directed by your doctor.**

### Cold/Cough/Allergies:

Robitussin

Mucinex

Saline nose drops

Cough drops or anesthetic throat sprays or gargles

Antihistamines like Claritin, Allegra, or Benadryl

Pseudoephedrine (Sudafed) – Use ONLY in 2<sup>nd</sup> and 3<sup>rd</sup> trimesters; however, phenylephrine (Sudafed PE) is safe in any trimester. Check with your doctor before taking if you have high blood pressure.

Nasal steroid sprays like Flonase or Rhinocort are very safe during pregnancy and are effective for allergies and congestion due to colds

### Indigestion:

Tums, Maalox, Mylanta

Pepcid, Zantac, or Prilosec

**\*\*\*Do NOT take Pepto Bismol.**

### Constipation:

Colace (stool softener)

Metamucil, Citrucel, FiberCon

Miralax, Surfak

Prune juice or stewed prunes (also a great iron source)

### Nausea/vomiting:

Vitamin B6 25 mg 3 times a day; this can be taken with ½ tablet of Unisom 1-2 times a day (this antihistamine/doxylamine has anti-nausea properties but may make you sleepy, so try it first at night or on a weekend.)

Ginger tea, ginger ale, ginger capsules, or a very thin slice of ginger under the tongue

Peppermint oil aromatherapy

Sea Bands (wear over acupressure points on wrists all day), or acupuncture

Emetrol

**\*\*\*If nausea is severe, please contact us.**

### Diarrhea:

Kaopectate, Imodium

### Hemorrhoids:

Preparation H

Tucks pads or cold witch hazel compresses

### Yeast infection:

Monistat

## SCREENING FOR GESTATIONAL DIABETES

The screening test for gestational diabetes is routinely performed between 24-28 weeks. This is a blood test with specific instructions.

We prefer that you do not eat for 6 hours prior to the test. This will limit your chance of having a false positive screen.

You will be given a drink called Glucola when you check in for your appointment. The Glucola will be cold and very sweet. You must finish drinking the entire bottle within 5 minutes. Please mark the start and finish times on the form below. Your blood should be drawn exactly 1 hour later. Please let the medical assistant know if your draw time is approaching and you are still waiting.

**Two important things to remember:**

1. Do not eat or drink anything during the one hour you are waiting to have your blood drawn. This includes water and ice.
2. Please let the medical assistants know if you are nearing the draw time, so that we can send you to the lab ASAP.

We will also draw a CBC to determine if you are anemic at this point in the pregnancy.

If your results are normal, we will NOT call you. If your screening result is elevated, you will be contacted to schedule the 3-hour glucose test. You do not have gestational diabetes unless your 3-hour test is abnormal, so please do not panic if you get a phone call.

Time started drinking Glucola: \_\_\_\_\_

Time finished drinking Glucola: \_\_\_\_\_