



To our new obstetrical patient:

First of all, congratulations!!

This information will help you to understand our office policies.

We are delighted that you have chosen us to deliver your baby. We look forward to a warm and supportive relationship during your pregnancy. Please feel free to contact us when questions arise or when you need assistance.

Our phones are answered 24 hours a day; however, we do ask that you call before 4 p.m. for routine questions and appointments.

We have one office location:

515 Westbank Expressway, Gretna, La., 70053. Drs. Allen, Bigelow, Blanton, Gillen, Leon, and Sirven are located on the 2nd floor. Drs. Hutchinson and Clasen are on the 1st floor.

We deliver at West Jefferson Medical Center. The hospital offers prenatal exercise classes, hospital tours, and prenatal education classes.

We ask that you turn off your cell phone before entering our office.

We are happy to provide samples of the prenatal vitamins the doctor has prescribed for you.

We will verify your insurance information at your first visit. If you do not have insurance coverage, you will have to pay for all services at the time they are performed. This includes office visits, all laboratory services, ultrasounds, non-stress testing, and office visits for non-pregnancy related conditions when the services are rendered. By the 32nd week, you will be required to have a zero balance. If this schedule is not met, unfortunately, we will be forced to discharge you from the practice.

Pre-certification: It is your responsibility to call your insurance company to determine if you need pre-certification. We will notify you of your responsibility for payments. All fees must be paid by the 32nd week.

Due to limited space, we ask that only one family member accompany you on your visits.

The Women's Medical Center

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 – 1st trimester and 2nd 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 2nd and 3rd 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: _____