

# AHN Ob-Gyn Associates

## Obstetrics & Gynecology

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### Congratulations on your pregnancy.

We appreciate that you have chosen Hahn Ob-Gyn Associates as your provider. Attached is some useful information you can refer to during your pregnancy. We've also provided you with a list of safe medications for common ailments.

As a partner in your healthcare, we encourage you to attend all scheduled appointments. You will typically be seen as follows: every four weeks until 28 weeks, then every two weeks between 28 and 36 week, then weekly until delivery. Ultrasounds are usually performed at approximately 20 weeks.

A financial agreement outlining your benefits will be presented during the second office visit. This will include physician fees but will not include fees for the following: laboratories, ultrasounds, and other necessary testing.

On your second visit you can choose to pay estimated full amount by:

- A. a single payment (from credit card or checking account) or**
- B. automatic scheduled payments (credit card or checking account)**

Any overpayment will be refunded once all medical claims have been processed and paid.

FMLA/Disability claims will be completed on an as needed basis. A \$15 charge will be issued for each form. Please anticipate a week for completion. Intermediate FMLA is provided when deemed medically necessary. Disability leave for a vaginal delivery is six weeks and eight weeks for cesarean section.

Importantly, if you are unable to go to work, you must either be seen in the office or at minimum speak with a provider detailing your condition. If you fail to do so, we will be unable to provide a note to your employer.

Regarding circumcisions: these elective procedures are performed in the hospital. In order for the charges to be billed to insurance, you must provide the office with the newborns' insurance information within two weeks after delivery. Healthcare USA will cover a circumcision if the baby is added to the insurance immediately after delivery. Medicaid (straight) does not cover the procedure.

We look forward to assisting you during your pregnancy. Our staff is available throughout the day and night. Please call (314) 344-8100, option 3, to speak with our receptionist. For questions or concerns, choose option 6. We will return your call by the end of the day. To reach a physician after normal business hours, call our exchange at (314) 388-5533.

## Useful information during pregnancy

### I. Diet

- a. Meats like fish, shellfish, and red meats need to be cooked. No sushi. Steaks and hamburgers cooked to medium-well. Avoid large amounts of cooked albacore tuna, swordfish, and shark. Safer fish choices include cod, catfish, can light tuna, sole, tilapia, crab, shrimp, scallops, and clams.
- b. Dairy products need to be pasteurized. Eggs, cheese, and milk from grocery stores are OK. No fresh farm dairy.
- c. Choose low sodium, high quality lunch and deli meats.
- d. Make sure to get 3 servings of calcium daily or a calcium supplement.
- e. Drink at least 64 ounces of plain water daily.
- f. Do not drink more than 1 serving (8–12 ounces) of caffeine (soda, tea, coffee) daily.
- g. Remember to eat a balanced diet for one person. It should include fruits, vegetables, lean meats, and whole grains.

### II. Exercise

- a. Continue your normal exercise routine. Do not start a new, vigorous aerobic activity routine.
- b. Do not lift weights greater than 15 lbs.
- c. Increase water intake.
- d. Decrease activity if you are cramping, light-headed, or dizzy.
- e. Call if you have vaginal bleeding or spotting.

### III. Toxoplasmosis exposure

- a. You should not change the litter box of you cat, or any other cat to avoid infection during pregnancy.
  - b. Make sure litter box is changed often (daily).
  - c. You should not garden without gloves on during pregnancy to avoid infection.
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#### **IV. Social Activities**

- a. No new tattoos or body piercings while pregnant.
  - b. All current metal piercings need to be removed prior to admission to hospital for labor.
  - c. No hot tubs, saunas, hot showers, hot baths.
  - d. No tanning beds.
  - e. Stop all alcohol, tobacco, and drugs during pregnancy.
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## Medications and useful information during pregnancy

### I. Cold and Flu Symptoms:

- a. Tylenol and Extra Strength Tylenol - aches and pains
  - i. maximum is 4 grams per day
- b. Sudafed - congestion
- c. Robitussin DM (dextromethorphan) - cough suppression
- d. Robitussin expectorant (acetylcysteine) - cough expectorant
- e. Mucinex or Mucinex DM
- f. Chloraseptic/Cepacol lozenges - sore throat
- g. call for fever greater than 101.0 F

### II. Seasonal Allergies

- a. Benadryl
- b. Sudafed
- c. Claritin
- d. Zyrtec (cetirizine)
- e. saline nasal spray

### III. Constipation

- a. Colace
- b. Miralax
- c. Peri-Colace
- d. Milk of Magnesia

### IV. Diarrhea

- a. Kaopectate
- b. Imodium
- c. follow BRATT diet
  - i. bananas, rice, apples/applesauce, tea, toast

### V. Nausea/Vomiting

- a. vitamin B6 25 mg 3X per day with Unisom at bedtime
- b. ginger supplement 1 gram daily
- c. Emetrol
- d. Meclizine
- e. call if you cannot keep liquids down for 24 hours

**VI. Heartburn and Flatulence**

- a. Mylanta
- b. Maalox
- c. Tums
- d. Pepcid 20 mg 2X per day
- e. Zantac
- f. simethicone

**VII. Headaches**

- a. Tylenol or Extra Strength Tylenol
  - i. maximum 4 grams per day
- b. NO NSAIDS
  - i. Advil, Motrin, ibuprofen, aspirin, Aleve, naprosyn

**VIII. Hemorrhoids**

- a. Preparation H ointment
- b. Tucks pads- witch hazel
- c. Anusol

**IX. Nose bleeds - common in pregnancy**

- a. saline nasal spray

**X. Leg cramps - common in pregnancy**

- a. calcium 500 mg 2X per day
- b. call office if one leg is red and warm to touch

**XI. Insomnia**

- a. Simply Sleep
- b. Benadryl
- c. Unisom

**XII. Dental work**

- a. safe for twice yearly cleanings and check ups
- b. defer x-rays
- c. safe to receive local anesthesia (novicaine)
- d. call for other procedures or medications

**XIII. Call the office**

- a. labor pains / contractions
- b. bag of water breaks
- c. bleeding
- d. decreased fetal movement