



GENERAL INFORMATION

OFFICE VISITS:

First Visit: Your first visit is designed to let us get acquainted with you and your pregnancy. We will screen for risk factors pertinent to your health care. We will also perform a complete physical examination. With the information obtained from this interview and examination, we will be able to design an individual plan for your prenatal care.

Subsequent Visits: The frequency of your visits is quite individual. Usually, we like to see you about once every four weeks during the first thirty weeks. Then every two weeks until thirty-six weeks, and weekly thereafter until delivery. This, of course, is a general schedule and may vary according to the patient's specific needs.

CHILDBIRTH CLASSES:

We recommend that you consider taking a childbirth preparation class. Tari Justice R.N. APN offers an excellent class in our office. We have flyers available concerning this class. The receptionist can answer any questions that you may have. Tari's phone number is 972-3107.

HOSPITALS

We are on staff at both Washoe Medical Center and Saint Mary's Regional Medical Center.

FEES AND INSURANCE

The business office is located on the Lower Level. They are available to answer all your questions regarding insurance, billing charges, and payment policies.

On your second visit we ask that you visit our Business Office to discuss your charges and insurance coverage with our OB Financial Coordinator.

Our office is more than happy to work with you and your insurance company to ensure that insurance billing is done in a timely and appropriate manner. It is the philosophy of OB/GYN Associates that the patient is ultimately responsible for all fees related the services received.

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MEDICATIONS AND DRUGS

Everyone experiences at least a few of the classic discomforts of pregnancy during her nine months of pregnancy (I.E. morning sickness, back pain, constipation, and heartburn). For everyday ailments, some medications are considered safer than others. Whenever possible, it is best to try appropriate, non-medical remedies first, and avoid any medications during the first trimester. The following is a list of medications that are considered reasonably safe to take during pregnancy:

ANTACIDS

Maalox
Roloids
Tums
Riopan
Mylanta
Gelusil

COLDS

Actifed
Tylenol
Robitussin
Sudafed
Chlor-Trimeton
Sucrets Lozenges
Cepacil Lozenges

LAXATIVES

Doxidan
Metamucil
Milk of Magnesia
Senokot
Colace
Peri-Colace
Citucel

DIARRHEA

Immodium AD
Kaopectate

HEMORRHOIDS

Preparation H
Anusol

NAUSEA

Vitamin B-6 50mg twice daily