

CONGRATULATIONS ON YOUR PREGNANCY

Thank you for choosing and trusting in the doctors of OB/GYN Health Partners to care for you throughout your pregnancy and your delivery. Please be assured that our goal is a healthy and safe delivery for both mother and baby. We please ask you not to hinder our medical decision process by asking us to review or read a birth plan. OB/GYN Health Partners does not accept such plans.

The following may help answer many of your questions. Keep this handy throughout your pregnancy for your reference.

Medications - Avoid any prescription or over-the-counter medications without the doctor's consent. Medications that may be used as directed during pregnancy are:

Acetaminophen (Tylenol, Extra Strength Tylenol or Tylenol PM) – 2 tablets every 6 hours
Plain Sudafed or Actifed (Not for sinus, allergy, etc.), OTC Claritin, OTC Zyrtec, Robitussin DM – for colds, sinusitis
Tums, Roloids, Mylanta, Citrucel, Zantac, Pepcid AC, Pepcid Complete for indigestion or heartburn
Metamucil for constipation
Benadryl, Calamine, OTC Hydrocortisone Cream

Caffeine and Nutrasweet – use in moderation

Activity and Exercise - You may continue normal exercise and activity that you are currently doing. If you add new activity or exercise, do so gradually. Do not push to the point of exhaustion. Avoid water skiing, motorcycle and horseback riding, hi-impact aerobics and heavy weight lifting. Activity may be restricted if problems arise in your pregnancy.

STOP SMOKING – (encourage family members to quit smoking also!) and **AVOID ALCOHOL**

Sexual Intercourse – May be continued unless the doctor restricts it for a medical reason.

Nutrition - Eat a good balanced diet consisting of:

Protein – 3 to 4 servings per day Grains – 5 or more servings per day
Milk and milk products – 4 servings per day Water – drink 6-8 glasses per day
Fruits and vegetables – 4 to 5 servings or more per day

Weight Gain - 25 – 30 pounds is an average, normal weight gain. Do not diet during pregnancy! The emphasis should be on proper nutrition, not necessarily on weight control.

Morning Sickness - Eat small, frequent meals. Dry foods seem to help keep you from feeling queasy. Drink liquids between meals. Try eating crackers before you ever get out of bed.

WHEN TO CALL - Call when you have pain that you cannot explain which continues or gets worse, if you have vaginal bleeding, or fever over 100 degrees.

Hospitals - The doctors deliver at St. John's Mercy Medical Center and Missouri Baptist Medical Center.

ON CALL - **Due to emergencies and other scheduling constraints, it is impossible to guarantee that your chosen physician will be available to attend your delivery. Drs. Super, Stein, Glass and Hugge alternate call during the week, on weekends, and during absences such as holidays, vacations, illness and family emergencies.** You will be asked to schedule visits to meet all OB doctors in this office. If you have concerns about our call schedule, please feel free to discuss them with your doctor.

Questions - If you have questions, please do not hesitate to call. The nurses return calls in the order of urgency between the hours of 9:00 a.m. and 4:00 p.m. If it is an emergency, please tell the receptionist answering the phone and she will notify the nurse immediately.

David L. Super, D.O. Renee M. Stein, M.D. J. Todd Glass, M.D. Christina M. Hugge, M.D.

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