



*Congratulations on your pregnancy! From all of us at Cedar Park Women's Center, we look forward to sharing such a special time with you and your family. Please use this guide to anticipate different milestones in your pregnancy.*

### First Trimester-Conception through Week 12

- ✓ You will have a gynecological exam, a pap smear if needed, and other standard testing.
- ✓ You will be given a lab order to have your blood drawn. We will be testing your blood type, blood count, and other standard screens. Dr. Meadows and Dr. Rush routinely test for HIV with this screen.
- ✓ You will be offered other optional testing for Down Syndrome and other genetic issues. Your doctor will discuss with you your personal risk factors and her recommendations. You may decline any or all of these genetic tests.
- ✓ You will have office visits once per month, unless other concerns arise. After you check in for each appointment, please proceed through the waiting room door to use the restroom. You will give a urine sample at each visit throughout your pregnancy.
- ✓ At the conclusion of the first or second obstetric visit we will discuss with you your personal insurance coverage and obligation. We offer OB payment plans and automatic bank withdrawal.

### Second Trimester-12 Weeks through 28 Weeks

- ✓ You will have your ultrasound at approximately 20 weeks. This is the best time to visualize the complete anatomy of the baby, including the gender if you chose.
- ✓ You will continue to have office visits once per month.
- ✓ Between 26-28 weeks we will give you a lab order to be screened for gestational diabetes.
- ✓ Please make sure to pre-register at the hospital if you haven't done so already. The form is in this packet or online at [www.cedarparkregional.com](http://www.cedarparkregional.com), and can be mailed or faxed. You may also want to register for the Tiny Toes Program through the hospital. As a member, you can schedule hospital tours, birthing classes, breastfeeding classes, and newborn care classes. You will also receive discounts at many local retailers.

### Third Trimester-28 weeks through 40 Weeks "The Home Stretch"

- ✓ You will have office visits every 2 weeks until week 36, and then you will be seen once per week until you deliver.
- ✓ If you haven't pre-registered with the hospital yet, we strongly encourage you to do so now!
- ✓ At your office visit between weeks 35-37, you will have a vaginal culture done to check for GBS (group beta strep).

- ✓ Make sure you are familiar with where you need to check into the hospital during regular business hours and nighttime/weekend hours.
- ✓ Take a labor and delivery tour. Tours are every Sunday at 2:30 on a walk in basis.

### When to Call the Office

Please notify us immediately in the event of vaginal bleeding, loss of fluid, painful and/or regular cramps/contractions, itching or burning with urination, or a temperature of 100.4 degrees or higher. There are other special circumstances that warrant a call to the office that will be discussed with you during your office visits. It is not unusual to experience an illness or injury during pregnancy that is not related to the pregnancy. For colds/sinus infections/strep throats/other illnesses, we will refer you to your primary care physician, as they have the appropriate testing materials/equipment to diagnose these illnesses. Your PCP will always take your pregnancy into account, and call our office with any questions. *For any injury that involves a fall, hit, or other trauma; please call the office ASAP, because we may want you come in for fetal monitoring.*

### Pregnancy Safe Medications

- **Headache:** Tylenol, Tylenol Extra-Strength or Acetaminophen as directed, not exceeding maximum daily allowance listed on bottle.
- **Nausea/Vomiting:** Vitamin B6, 25-30 mg twice daily, Pepto Bismol, Emetrol, Dramamine.
- **Heartburn:** Tums, Maalox, Mylanta, Zantac 75-150 mg twice daily.
- **Constipation:** Colace 100mg up to 3 times daily, Metamucil 1 tsp in 8 oz of water up to 3 times daily, Milk of Magnesia (MOM), Fibercon, Miralax.
- **Diarrhea:** Pepto Bismol, Kaopectate, Imodium AD.
- **Hemorrhoids:** Preparation H, Hydrocortisone 1%, Anusol HC-1 ointment.
- **Cough/Cold/Congestion/Allergies:** Claritin 10 mg daily, Claritin D 12 hour, Zyrtec, Sudafed 60 mg every 4-6 hours as needed (caution with high blood pressure), Tylenol Cold and Sinus, Robitussin DM, 2 tsp every 4-6 hours as needed.

### Medications to Avoid

Medications to avoid include, but are not limited to: aspirin, ibuprofen (Motrin, Aleve), Accutane, sedatives, tetracyclines, tranquilizers. As a general rule, many vitamins/minerals/herbs have not been studied and proven safe by the FDA for use during pregnancy. Please discuss ANY AND ALL supplements you are taking with Dr. Meadows or Dr. Rush.

### Important Numbers and Resources

Cedar Park Regional Medical Center: 528-7000 (operator), [www.cedarparkregional.com](http://www.cedarparkregional.com)

Postpartum Resource Center of Texas: 877-472-1002, [www.texaspostpartum.org](http://www.texaspostpartum.org)

March of Dimes Texas Quitline: 877-937-7848, [www.marchofdimes.com](http://www.marchofdimes.com) (smoking cessation)

National Domestic Violence Hotline: 800-799-SAFE (7233), [www.ndvh.org](http://www.ndvh.org)

American College of Obstetricians and Gynecologists: [www.acog.org](http://www.acog.org)

## Fun and Educational Pregnancy Books

*The Girlfriends' Guide to Pregnancy*

*How to Have Your Second Child First*

*Be Prepared (for expectant fathers)*

### Important Information About Our Doctors and Their On-Call Schedule

Dr. Meadows and Dr. Rush try to deliver as many of their own patients as possible.

Understandably, they cannot be on call 24/7. If you go into the hospital during office hours (Monday-Friday from 8am-5pm) your doctor will be tending to your care. From 5pm-8am patients in labor and delivery are cared for by the on call physician. Dr. Meadows and Dr. Rush share call with each other and four OBGYNs at Austin Regional Clinic two floors below us. ARC's physicians are all board certified OBGYNs, and are kind, knowledgeable doctors. There is always an OBGYN available at the hospital to care for you. During your pregnancy your doctor will discuss with you your preferences for induction and if a scheduled cesarean section will be indicated. In these circumstances, we arrange the timing so that your doctor will likely be at your delivery.

### Important Information About FMLA (family medical leave act) Paperwork

Most employers require FMLA paperwork be filled out and completed by your physician. Please inquire about your employer's specific policy and requirements. You are responsible for turning in your paperwork before your deadline- please allow our office 7-10 business days for completion.

**WE CANNOT FILL PAPERWORK OUT ON AN EMERGENT BASIS!**

Please also have any patient portion/information/signatures completed ahead of time. Most FMLA paperwork is able to be faxed directly to your employer from our office. We also keep a hard copy in your chart in case it is needed again. There is a \$25 one time fee for FMLA paperwork due when it is dropped off.

### Important Information About Labwork

Usually we will have you have your blood taken for testing 2-4 times during your pregnancy. Some medical conditions require that labs are done more frequently. Once you receive your labwork orders from our office, we ask that you have your blood drawn within one week, unless other instructions are given by our office staff. We use CPL labs exclusively, unless your insurance dictates otherwise. **IT IS YOUR RESPONSIBILITY TO KNOW WHICH LAB IS IN-NETWORK WITH YOUR SPECIFIC INSURANCE PLAN!** We cannot be responsible for any lab bills you receive by failing to notify us of your in-network benefits! If you have a question regarding which lab is in-network with your plan, please call your insurance.