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MANAGEMENT OF YOUR PREGNANCY

We will see you monthly during your pregnancy until 26 weeks of gestation. Then we will see you every 2 weeks until about 35 weeks, after which you will need to be seen weekly until you deliver. Of course, this may change depending on issues that may arise during your pregnancy.

You will have blood work early in your pregnancy determining blood type, anemia, or to rule out chronic diseases. We will offer you genetic screening between 10 and 13 weeks of your pregnancy. And do gestational diabetes screen at 24-28 weeks. We will also do a vaginal culture for Group B strep at 35-37 weeks. You will generally have an ultrasound early in your pregnancy to establish dating. An ultrasound around 20 weeks looking at the anatomy of the fetus to find out the gender and at 35 weeks examining position, size and fluid levels.

We deliver at Abilene Regional Medical Center. You will be required to pre-register in your fifth month (approx. 26 weeks). The hospital's main phone number is (325) 428-1000 and you may also reach labor/delivery at (325) 428-3500. Pregnancy classes are offered through ARMC and you can inquire about these at the time of your registration. If you have an emergency, please go to ARMC.

We may refer you to a Perinatologist (high risk pregnancy specialist) for a consultation and possible co-management. Examples of this would be high blood pressure, kidney disease, and maternal age over 35, among others. We usually use Dr. Brad Thigpen. Dr. Bullock is in a call group with 2 other OB/GYN's. Dr. Bullock tries to be there for all of her patient deliveries, but on the occasion that she can not be there, one of the other physicians will be there to take good care of you.

If you have a question or problem, please call the office to speak to the nurse. In order to get back to you in a timely manner, please try to call us before 2 pm. If you have an issue that occurs after hours and needs immediate attention, call the office. The recording will direct you to our answering service. They

will take your information and page the on call OB/GYN, whom is available 24 hours a day. If you do not receive a call back within 15 minutes, please call again. If you have an immediate emergency, please go to the emergency room (if before 20 weeks) or to Labor/delivery if after 20 weeks).

REASONS TO NOTIFY US:

Fever of 100.5 or above

Vaginal bleeding (see info below)

Serious falls or motor vehicle accidents

Absent or markedly reduced fetal movements after 28 weeks

Any other unusual symptoms that concern you

THINGS TO AVOID:

Hot tubs and saunas (yes you can have a warm bath or shower!)

Tabacco/vapes/e-cigs/alcohol/illegal drugs - if you need help trying to quit any of these please talk to us!

PAYMENT INFORMATION:

We will review your pregnancy benefits with your insurance company. We will expect any deductibles or co-insurance to be paid at the time of service. If needed, we can develop a payment plan for you, which are expected to be fulfilled by 27-30 weeks of pregnancy. If you do not have insurance, we can set up a payment plan as mentioned above. Occasionally, you will have services or visits that fall outside the global pregnancy care (such as sonograms, respiratory infections, etc...) and will expect payment for those services at the time of your visit. Please check with us if you have questions about this.

TUBAL LIGATION

If you are having a cesarean section, we can perform a tubal ligation at that time. Please ask us if you are interested. If you have a vaginal delivery, we will typically schedule your tubal ligation about 6 weeks postpartum. Unfortunately, we are usually unable to perform this procedure after a vaginal delivery while you are in the hospital.

GENERAL INFORMATION

TRAVEL - If you are having an uncomplicated pregnancy, you may safely travel until 36 weeks. This includes air, boat, train, or car travel. If you will be traveling for an extended period of time (more than 2 hours), please be sure to take water and stay hydrated. We also want to prevent you from developing blood clots in your legs. If traveling by car, stop every 2 hours to walk and stretch your legs. If you are flying, get up and walk in the aisle every now and then. We also recommend wearing compression stockings while traveling. It is typically recommended that you not fly after 28 weeks. Remember, if you are drinking plenty of water you will be going to the restroom very often.

DIET - You are what you eat (or at least your baby is what you eat). Try to stick to healthy foods and limit the amount of junk food you eat. Real food including protein and vegetables should be a regular part of your diet. Avoid excessive sweets and empty calories. Drink plenty of water!!

How much should I eat? Pregnancy is not a time to “pig out”, but it is also not a time to diet. In general, you should consume about 200 calories per day more than what you would normally eat. Most women should have around 1800 calories per day, so pregnant women should take in about 2500 calories per day. Recommended weight gain during pregnancy is 20-30 pounds. This will vary based of your pre-pregnancy weight.

Specific foods – The FDA has recommended you limit your fish and shellfish consumption to 12 ounces weekly. There are some concerns about the amount of mercury found in commercial fish. You should avoid tilefish, mackerel, shark, or swordfish during pregnancy. Canned light tuna has less mercury than white albacore tuna.

Meats – Be sure your beef, chicken, pork or other meats are cooked thoroughly. Beef should be medium well to well done.

Vitamins – We recommend that you take a prenatal vitamin daily during your pregnancy. If you choose to take an over the counter vitamin, make sure it has at least 800mg of folic acid. You should take at least 1200mg of calcium daily. This can be combined from your diet and prenatal vitamin. If your diet is low in calcium, you make take a supplement as well. We may prescribe extra iron to be taken during

your pregnancy. Ideally, you should take your iron at a different time than your prenatal vitamin. Vitamin C helps iron absorption, and caffeine reduced absorption.

Medications – Avoid taking aspirin or aspirin containing products during your pregnancy (BC/Goody's powder, alka seltzer, and bufferin all contain aspirin). NSAIDS (Motrin or Ibuprophen) are generally avoided in the first trimester due to occasional reports of an association with miscarriage. We especially avoid their use in the third trimester (after 26 weeks) due to fetal kidney issues. Most over the counter medications are safe to use. Sudafed or other antihistamines (Claritin and alavert) are safe. Acetaminophen (Tylenol, Tylenol ES) is also safe to use. Cough medications/syrups are safe. Be sure to check with us if you have any questions. See the list of attached for common safe medications and their indications. If you are taking prescription medications, please let us know about them. We can review them and see if they are safe to use while pregnant. Many medications can be continued during pregnancy, and if others are not safe, we may be able to find safe alternatives.

EXERCISE – Exercise is recommended for most pregnant women. Studies have shown that women who exercise regularly during their pregnancy tolerate the delivery and recovery better than those that do not. Even if you do not exercise regularly now, beginning a light program will help you. Exercise should not be intense or high impact during your pregnancy. Heart rates should remain in the 140's level or lower for the majority of your workout. Walking, swimming, biking, light weights and pregnancy yoga are just some worthwhile exercise activities. Be aware that your exercise tolerance generally drops as your pregnancy progresses. Don't "fight through the wall" if you start to get fatigued. Take that opportunity to rest and re-hydrate. If we place you on bed rest or modified bed rest during your pregnancy, you should not exercise until we authorize it.

DENTAL CARE - Visit the dentist every six months for a cleaning and evaluation. Cavities and gingivitis have been linked to preterm labor. You may notice that your gums bleed very easily - this is from hormonal changes and is normal.

SEXUAL ACTIVITY - Make this an important part of your relationship. Some spotting may occur after vaginal intercourse and is considered normal as long as there are no other symptoms.

CAR SAFETY - Wear your seatbelt at all times. The lap belt goes under your belly and against your hips as your belly increases in size and shape. YOU MUST have an approved infant car seat to leave the hospital with your newborn.

Are you planning to BREASTFEED? Y/N

If you are most insurance plans will pay for an electric breastpump - please ask us how to accomplish this if you want a breast pump

Do you have a CAT and/or LITTER BOX? Y/N

I confirm I have read the above information and will discuss any questions I have with the nurse.

Print Name:

Signature:

Date: