

SAMPLE 2 COLOR OVERPRINT

# Great Expectations

*a guide to enjoying  
your pregnancy*



 COMPLETE  
WOMEN'S CARE

*A Division of Mid-Atlantic Women's Care, PLC*

Melody R. Adler, M.D., F.A.C.O.G.

Donald B. Bell, M.D., F.A.C.O.G.

Monique S. Crabb, M.D., F.A.C.O.G.

Jennifer George Ward, M.D., F.A.C.O.G.

Amour M. Johnson, M.D., F.A.C.O.G.

Kris E. Kennedy, M.D., F.A.C.O.G.\*

Janice P. Levin, M.D., F.A.C.O.G.\*

Tracy B. Wright, M.D., F.A.C.O.G.

Maria Crippen, M.S.N., W.H.N.P.-B.C.

Michelle Eynon, M.S.N., W.H.N.P.-B.C.

J. Julie Rekant, M.S.N., F.N.P.-B.C.

*\*GYN care only*

## Inside Front Cover

*Welcome...*

...and thank you for choosing Complete Women's Care for your maternity care. We are honored that you have chosen us. We believe that you will receive the best healthcare through a partnership with us. We encourage you to ask questions. We have prepared this booklet to explain how our practice works and to introduce you to the various procedures and tests you may encounter in the months ahead.

We believe that the birth of your child should be a family experience and we encourage your family to participate fully by attending your prenatal visits, prepared childbirth classes and labor and delivery.

At Complete Women's Care we work together as a team. Our doctors, nurses and staff provide you with coverage 24 hours a day, 7 days a week. To be able to achieve this goal our doctors share our "On Call" schedule. (Please refer to the back cover of this booklet for information regarding after-hours telephone calls.) During your prenatal care, you may choose to see all of our doctors and our nurse practitioners or you may select whom you see. We request that you meet at least two of our doctors. This system affords a healthy check and balance system with automatic consultation among physicians. Your labor and delivery will be attended by the Complete Women's Care physician who is on call that day. After your delivery you may choose one physician to provide your gynecology care.

At your first office visit, we will obtain a complete medical history and perform a complete physical exam including bloodwork and pap smear. We will develop a plan for your pregnancy and answer all of your questions. Generally, your visits will be every four to six weeks until the seventh month of pregnancy, every two to three weeks until the ninth month, and weekly until delivery. We will monitor your health and the health of the baby. More frequent visits may be required if you develop complications.

Once again, we are honored that you have placed your trust in us at this most special time. We will strive to provide you with the highest level of maternity care as your family grows.

### COMPLETE WOMEN'S CARE

*A Division of Mid-Atlantic Women's Care, PLC*

Melody R. Adler, M.D., F.A.C.O.G.

Donald B. Bell, M.D., F.A.C.O.G.

Monique S. Crabb, M.D., F.A.C.O.G.

Jennifer George Ward, M.D., F.A.C.O.G.

Amour M. Johnson, M.D., F.A.C.O.G.

Kris E. Kennedy, M.D., F.A.C.O.G.\*

Janice P. Levin, M.D., F.A.C.O.G.\*

Tracy B. Wright, M.D., F.A.C.O.G.

Maria Crippen, M.S.N., W.H.N.P.-B.C.

Michelle Eynon, M.S.N., W.H.N.P.-B.C.

J. Julie Rekant, M.S.N., F.N.P.-B.C.

*\*GYN care only*

## Inside Back Cover



### **HOURS**

8:00 a.m. to 5:00 p.m. Monday through Friday

### **PRE-REGISTRATION**

We will provide you with a registration form for Sentara Princess Anne Hospital approximately 3 months prior to your delivery. You may now preregister online at [www.sentara.com](http://www.sentara.com).

### **LABOR**

Go to the Birthing Center of Sentara Princess Anne Hospital if your membranes rupture, if your contractions are 5 minutes apart, if you have any bleeding more than spotting, or if you have absent fetal movement. You do not need to telephone us. You will be examined by the OB nurse who will notify us about your arrival and your progress. Although a copy of your prenatal record will be available to your nurse if you are near your due date, please make sure to notify your nurse of any special problems (twins, previous C-section, Group B strep carrier, need for antibiotics during medical procedures.)

### **FEES, BILLING AND COLLECTION POLICIES**

The financial aspects of having a baby can be complex and confusing. Early in your pregnancy we will discuss with you your insurance coverage and your personal financial responsibility. We do not want anyone's financial situation to be an obstacle to good medical care. We will make every effort to accommodate you with an individual payment plan. Your fees are due 2 months prior to your delivery date. The Patients Account Manager at Sentara Princess Anne Hospital is available to discuss with you any hospital costs you may incur. Call (757) 233-4500 Monday through Friday 8:00 a.m. to 5:00 p.m. for information.

### **WEATHER**

In the advent of adverse weather conditions (snow, hurricane, etc.), please call the office switchboard, (757) 481-7222, for hours of operation and additional instructions.

### **PEDIATRICIAN**

You need to select a pediatrician or family practitioner to care for your baby after its birth. You might want to make an appointment to meet him/her prior to delivery.

# Back Cover

## TELEPHONE NUMBERS

Main Office Switchboard .....	(757) 481-7222
Emergency Calls, After Hours and Weekends .....	(757) 481-7222
Insurance .....	(757) 481-9535
Lactation Consultant (Breastfeeding) .....	(757) 507-6569
Sentara Princess Anne Hospital .....	(757) 507-1000
or Birthing Center .....	(757) 507-2676
Sentara Women's Health Source .....	(757) 388-3364

## TELEPHONE CALLS

You may encounter problems that are of an emergency nature or those that can't wait until your next visit. If so, the following suggestions are offered:

### BEFORE YOU PHONE

1. **First, check to see if the answer to your question is in this booklet.**
2. Evaluate your own condition and jot down a few notes to help you remember the facts. If you suspect a fever, take your temperature!
3. Set any prescription bottles by the phone so you can read off the drug dose and pharmacy phone number.
4. Have a pencil and paper handy to write down instructions.

### WHEN YOU CALL OUR OFFICE

1. Make the call yourself unless this is impossible. Relayed messages may not be accurate.
2. Call during office hours so your chart is available for reference.
3. Be sure to identify yourself and your month of pregnancy.
4. Describe your problem as thoroughly as possible from your notes.
5. Write down instructions. When you are worried, sleepy, or upset, instructions are not always easy to remember.
6. If you think you have an emergency, tell us immediately so that you are not accidentally put on hold.
7. Your non-emergency calls during office hours will be returned by a specially trained nurse who is capable of answering most of your routine questions or problems. With unusual or more complex medical problems, she will consult a physician prior to answering your questions.

### AFTER HOURS

Our physicians are available for emergencies 24 hours a day. Please restrict phone calls after hours to emergency questions or problems. Laboring patients should proceed directly to the hospital for evaluation. We cannot diagnose and treat medical problems over the phone. We can only help you to decide whether you should proceed to an emergency room/emergent care center or if you can schedule an appointment for the next few days. We reserve the right to charge for non-urgent after hours telephone calls.

### MEDICATIONS

Abstinence from all medications during your entire pregnancy is advised. However, the following medications may be taken in severe cases of:

1. **Headache** – Tylenol (regular or extra-strength)
2. **Colds** – Sudafed, Tylenol Cold
3. **Cough** – Robitussin DM
4. **Diarrhea** – Imodium
5. **Constipation** – Citrucel, Senokot, Metamucil, Colace, or Milk of Magnesia
6. **Indigestion** – Antacids, such as Mylanta, Gaviscon, Tums, or Maalox  
**After the first trimester** – Zantac or Pepcid over the counter
7. **Nausea** – Vitamin B6 (100 mg twice daily), Seabands, candied ginger, or peppermint tea. Eat 5 small meals daily and drink after eating. Do not drink fluids on an empty stomach.
8. **Sleep** – Benedryl (25 mg at bedtime)
9. **Gas** – Simethicone
10. **Itching** – Benadryl (25 mg every 4 hours), Calamine lotion, or Aveeno oatmeal bath
11. **Allergies** – Benadryl (25 mg) may make you sleepy, Zyrtec or Claritin after the first trimester (13 weeks)