



MEDICAL CLINIC
of NORTH TEXAS, P.A.SM

OBSTETRICAL &
GYNECOLOGICAL
ASSOCIATES

Great Expectations

A GUIDE TO ENJOYING YOUR PREGNANCY





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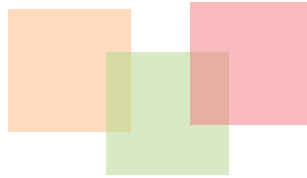
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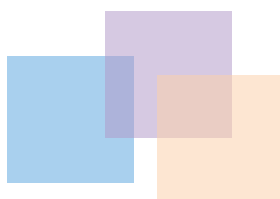


Dear Mother-To-Be:

Congratulations on your pregnancy. With that exciting news, we are here to help guide you safely through your pregnancy, labor, delivery and post delivery period. This is the beginning of a wonderful change for you and every member of your family as well as close friends. We wish to do all that we can to help you achieve a safe and rewarding pregnancy experience.

You will get a lot of advice in the coming weeks, but remember, each pregnancy is different. When you hear what seems to be a good idea, jot it down and discuss it with us at your next visit. Between your regular visits, we will be available to answer your questions by telephone or in person. We urge you to read this booklet as we have tried to anticipate and answer many of the questions that arise during pregnancy. It also contains the important telephone numbers that you want to keep handy during this time.

You can expect our best professional medical advice and high quality care throughout the coming months. We look forward to helping you during the exciting days and months ahead. Welcome to Ob/Gyn Associates of Arlington and Mansfield!



OFFICE INFORMATION

HOURS:

By appointment: 8:00 a.m. – 5:00 p.m., Monday–Friday.

After hours weekdays, weekends or holidays, care will be provided by an on-call doctor who can be reached at (817) 850-6855.

PHONE NUMBERS:

Appointments: *North Office* (817) 277-7133 • *South Office* (817) 466-9578 • *Mansfield Office* (682) 518-1035

Medical problems or questions: *North Office* (817) 277-7133 • *South Office* (817) 466-9578 • *Mansfield Office* (682) 518-1035

Emergency or after hours: (817) 850-6855

Surgery scheduling: *North Office* (817) 804-5170 • *South Office* (817) 466-4348 • *Mansfield Office* (682) 518-1035

Fax: *North Office* (817) 274-6367 • *South Office* (817) 466-9569 • *Mansfield Office* (682) 518-1035

TELEPHONE CALLS:

You may encounter problems that you feel are of an emergency nature or those that cannot wait until your next visit. **Before you phone, please review the following suggestions:**

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 and specific questions 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 number.
4. Have 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**, including birth date and 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. **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 and addressing your problems. With unusual or more complex medical problems, she will consult a physician prior to answering your questions.
7. **If you think you have an emergency**, tell us immediately. If your first contact is with office staff or answering service, tell them you have an emergency so they don't place you on hold.

FEES, BILLING & COLLECTION POLICIES:

We recommend that you familiarize yourself with the maternity benefits available through your insurance carrier. If you have maternity benefits, we will file your charges with the insurance company at the completion (delivery) of your pregnancy. We ask that your deductible and the percentage of the fee not covered by your insurance be paid within the first seven months of your pregnancy. Lab, sonograms and other incidental fees will be filed at the time of service. We will look to you to pay only your percentage (copay) on the day services are rendered.

If you do not have insurance coverage, the prenatal visits and delivery fee will be averaged into monthly payments that will need to be paid by the seventh month of pregnancy. All incidental services such as lab and sonograms will be collected at the time the service is rendered.

Your hospital bill from Arlington Memorial will be separate from your doctor's bill. Questions regarding those fees should be addressed by their billing department.

ARLINGTON MEMORIAL HOSPITAL

Pre-registration should be done prior to the 7th month of pregnancy either by going to the admissions office at the hospital or registering on-line at www.texashealth.org.

The admissions office is open 24-hours a day, 7 days a week. Remember to bring your insurance card, as you will be asked to provide demographic and insurance information.

Telephone Numbers:

Main Hospital Operator	(817) 960-6100
OB Triage	(817) 960-6625
Breastfeeding	(817) 960-6561
Prenatal Education Classes	Monday–Friday 1-877-264-4968 (toll-free)
Pre and Post Natal Exercise Classes	(817) 960-6575

CHILDBIRTH CLASSES

A number of prenatal classes are offered by Arlington Memorial Hospital. These classes should be scheduled during the first 6 months of your pregnancy. Call 1-877-AMH-4YOU for more information or to schedule your classes.

PEDIATRICIAN

You need to select a pediatrician or family practitioner to care for your baby immediately after birth and during your hospitalization. A list will be provided to assist you in that selection.



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www.obgynarlington.com