



EARLY PREGNANCY INFORMATION

What to do? What NOT to do?

Whether this is your first pregnancy or you've had several children, we at the **Benson OB/Gyn Center, P.A.** recommend the following cures, preventatives, treatments and good advice:

Nausea—Some women wonder why it's called "morning sickness" since they're sick all day long, or just in the evenings. "Morning sickness", or nausea, is the most common ailment of early pregnancy. If you experience nausea, you may want to keep dry toast or crackers beside your bed, and eat a little before you get up. You may also try 50 milligrams of Vitamin B-6 at bedtime. Keep in mind that Prenatal vitamins can worsen your nausea, so use them with caution or discontinue them until you see your doctor. If your nausea is severe, a prescription medicine is available at your request. See the nausea handout. _____ *initial*

Vaginal Bleeding or "Spotting"—Light spotting or vaginal bleeding is common during pregnancy. However, if the bleeding is heavier than a normal period or if you also have moderate to severe cramps, please tell your doctor. _____ *initial*

Smoking—Do not smoke during pregnancy. Research has proven that women who smoke during pregnancy, even 1/2 a pack per day, deliver a higher percentage of infants with below-normal birth weight. Low birth weight infants have a higher risk of medical problems. Smoking is associated with poor performance in school and possible anti-social activities as an adult. _____ *initial*

Alcoholic Beverages—Do not drink alcohol (liquor, wine or beer) during pregnancy. Increased risk of abnormalities to the infant are directly traced to alcohol intake during pregnancy. It is unknown whether there is any "safe" amount of alcohol intake while you are pregnant. _____ *initial*

Cosmetic Chemicals—You may get a permanent or have your hair bleached or dyed while you are pregnant. Tanning is permissible. Nail polishes are also okay. _____ *initial*

X-Rays—Do not have x-rays done of any part of your body, unless it is absolutely necessary (such as a broken bone). If you must have an x-ray performed, call the **Benson OB/Gyn Center, P.A.** first. _____ *initial*

Dental Care—You may have dental x-rays done if you wear a lead apron to protect your abdomen. You may also have a local anesthetic and antibiotics are allowed. _____ *initial*

Intercourse—You may have intercourse during the entire term of your pregnancy as long as it is comfortable for you and does not cause painful cramps or bleeding. _____ *initial*

Avoid Lifting Heavy Objects—Common sense should prevail when deciding what you should or should not lift, but avoid any strain caused by overexertion. If it is part of your job to lift objects, consult with your physician. Usual lifting limit is 50 pounds. _____ *initial*

Cats—Wear gloves while cleaning a cat litterbox. Toxoplasmosis is carried by cats, but infection is very rare, if you are careful. _____ *initial*

Saunas and Hot Tubs—Do not get in saunas or hot tubs, unless instructed to. _____ *initial*

Positions for Exercise & Sleeping—It is okay to lay on your back as long as you don't feel faint. _____ *initial*

Do not climb on ladders. _____ *initial*

Do not ride bumpy vehicles like 4-wheelers or jet-skis. _____ *initial*

**** PLEASE READ ENTIRE HANDOUT PRIOR TO CALLING THE OFFICE WITH QUESTIONS. ****

continued



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Nutrition—During your pregnancy is NOT a good time to diet or try to lose weight. You and your baby need a balanced meal to provide adequate nutrition and additional calories to sustain the healthy growth of your baby. A balanced diet with increases in all the essential nutrients from the four basic food groups (dairy products, meats, cereals, and fruits/vegetables), will meet your daily vitamin requirements. A vitamin supplement is only necessary if you consume “junk food” or have a poor eating routine and hectic work schedule.

_____ initial

Fero-sequels—1 daily is advised. _____ initial

Supplemental Iron—Even with a good, balanced diet and prenatal vitamin supplements, all pregnant women need supplemental iron after the first 16 weeks of pregnancy. Iron will turn your stool black and can be constipating, so be sure and drink at least 4 glasses of water every day. _____ initial

Weight Gain—Dr. Benson will monitor your weight gain at each of your scheduled visits. Sensible, balanced meals should keep your total weight gain between 25 and 35 pounds during your pregnancy. Too much weight gain has been associated with a higher percentage of difficult deliveries and/or complications. Do NOT diet during your pregnancy, unless instructed to follow a specific diet. _____ initial

Artificial Sweeteners—Do not use saccharin during pregnancy (Nutra Sweet, Equal or Splenda is fine).

_____ initial

Medications—

Cold and flu Symptoms:

Dayquil, Nyquil, Sudafed, Tylenol, or Tylenol Sinus

Constipation:

_____ Milk of Magnesia, Fibercon, Colace, Metamucil, Citrucel tabs 4/day

Diarrhea:

_____ Pepto Bismol, Kaopectate or Immodium AD

Indigestion:

Gaviscon, Zantac 75, Pepcid AC, Maalox, Mylanta

Nausea:

_____ Pepto Bismol

Pain:

_____ Tylenol is safe for the entire pregnancy.

Advil, Ibuprofen, Motrin and Aleve are safe until 28 weeks in the pregnancy.

Sleeping:

Benadryl, Tylenol PM, Urasom, Somnex _____ initial

Obstetrics and Gynecology

**EXERCISE GUIDELINES FOR THE EXPECTANT MOTHER
AND THE NEW MOTHER**

1. Regular exercise (30 minutes/day, 7 days a week) is preferable to occasional activity.
2. Any type of exercise involving the potential for even mild abdominal trauma should be avoided.
3. To avoid overheating, increase your fluid intake with sports drinks.
4. Vigorous exercise should be preceded by a 10-minute period of muscle warm-up. This can be accomplished by slow walking or stationary cycling with low resistance, or by stretching.
5. Vigorous exercise should be followed by a period of gradually declining activity that includes gentle, stationary stretching because connective tissue laxity increases the risk of joint injury. Stretches should not be taken to the point of maximum resistance.
6. Care should be taken to gradually rise from the floor to avoid possible dizziness or fainting. Some form of activity involving the legs should be continued for a brief period, such as walking.
7. Liquids (sport drinks without caffeine) should be taken before and after exercise to prevent dehydration, activity should be interrupted to replenish fluids.
8. Women who have led sedentary lifestyles should begin activity slowly and gradually. Pregnancy is NOT the time to begin a new exercise regime, unless it is approved by your doctor.
9. Activity should be stopped and the physician consulted if any unusual symptoms appear.
10. Swimming is encouraged.
11. Yoga and Pilates are encouraged.
12. Do not climb ladders.

_____ *initial*

THERE ARE NO LONGER ANY HEART RATE LIMITATIONS WITH EXERCISE IN PREGNANCY.



INTRODUCTION TO OB HOSPITAL SERVICES

ADMISSION PROCEDURE—Complete your pre-registration no later than your 36th week of pregnancy. The Admissions Office at the hospital is on the first floor, and is open from 8 am until 5 pm, Monday through Friday. Please bring your insurance policy or card. The insurance coordinator can explain and answer any questions you may have. _____ *initial*

ADMISSION FOR LABORING PATIENTS—**ALWAYS** call Dr. Benson **before** going to the hospital. If, after talking to Dr. Benson, you are instructed to go to the hospital during regular business hours, you will need to check in at the main hospital registration desk. If you are going **after** business hours, you will need to go to the Emergency Room. You will be escorted to Labor and Delivery. Once you have been examined and verified that you are in active labor, you will be admitted to the hospital. Whoever has brought you to the hospital should move your vehicle from emergency parking to patient parking, and then return to the admissions office to verify that the information on the pre-admissions form is correct. _____ *initial*

LABOR AND DELIVERY— You are encouraged to limit the number of visitors in your room during labor and delivery. If you have attended prenatal classes, your coach is encouraged to be with you during labor. If an emergency situation arises, your husband or coach may be asked to leave the room by the nurses or doctor. Please follow their instructions quickly and without question, understanding that the mother and infant's welfare is the priority of the hospital medical staff. As soon as the situation allows, your husband or coach will be asked to return and an explanation will be given. The nurses can suggest good times to take pictures, so feel free to ask. If you wish to nurse your baby immediately after delivery, please make your request known early. The baby may remain with the mother as long as both are doing well and the baby is warm, or up to about 30 minutes. _____ *initial*

LABOR, DELIVERY, RECOVERY SUITES (LDR SUITES)—New mothers have the comfort and safety of experiencing labor, delivery and recovery without being moved from the LDR Suite. Each suite has a private bathroom, comfortable sitting area, and is fully equipped for the comfort and care of the mother and baby. Decorative interiors and amenities enhance the birth experience, but most importantly, each LDR is equipped with the equipment and technology needed for all obstetrical procedures except caesarean birth. _____ *initial*

CARE OF THE NEWBORN—After delivery, your baby will be taken to the admission nursery for the first few hours of life, where a thorough examination and monitoring will take place. If your baby is in the intensive care unit, both mother and father are encouraged to go into the nursery to touch and hold the baby. Do not ask Dr. Benson questions about your baby's care. _____ *initial*

WHEN LABOR ARRIVES—Almost every new mother asks, "When is it time to go to the hospital?" "When do I call my doctor?" The answer varies, depending on many factors, but the following guidelines should help answer your questions. Dr. Benson will discuss this with you in detail when you are 4 to 6 weeks from your due date. If you are suspicious of any problem or the onset of labor, you must call Dr. Benson immediately so that he can make arrangements to be available for you. It is **your responsibility to notify Dr. Benson as early as possible. DO NOT GO TO THE HOSPITAL. CALL DR. BENSON.** _____ *initial*

CIRCUMCISION—Dr. Benson does not perform circumcisions. Ask Dr. Benson to consult a physician to perform the circumcision for your baby, if you wish to have it performed during your hospitalization. _____ *initial*

ELECTIVE DELIVERY CHOICES—Elective C-Sections can be scheduled after 39 weeks by patient request, if safe to do so. Please discuss with doctor as early as possible. Elective induction of labor can be scheduled after 39 weeks by patient, if safe to do so. Please discuss with doctor as early as possible. _____ *initial*

DOULAS—Are **NOT** allowed! No exceptions. _____ *initial*

THE BRADLEY METHOD—to extreme, is not allowed. If you refuse standard medical advice and endanger you or your baby, Dr. Benson will resign from your care. Yes, some patients make unsafe decisions based upon Bradley and similar methods. _____ *initial continued*



INTRODUCTION TO OB SERVICES

POST DELIVERY - VAGINAL DELIVERY —

- Lifting and exercise usually unlimited.
- Return to all usual activities as soon as possible.
- Allow six weeks of no sexual intercourse to allow vaginal repairs to heal.
- Expect vaginal bleeding and significant swelling in your face, feet and hands for up to two (2) months after delivery.
- Nothing in vagina for 6weeks. _____ *initial*

POST DELIVERY - C-SECTION DELIVERY —

- Thirty pound lifting limit for six (6) weeks.
- Sexual intercourse usually okay when tolerated.
- Expect vaginal bleeding and significant swelling in your face, feet and hands for up to two (2) months after delivery.
- If all is normal, call for post-partum appointment 8 weeks after delivery. _____ *initial*

BENSON OB/GYN OFFICE HOURS ARE 8:00am TO 4:45pm MONDAY-THURSDAY AND 8:00am TO 12:00 noon ON FRIDAY.

1. If your water breaks during office hours, call us at (979) 776-1660. You will need to be seen right away. You may be sent to the hospital or to our office, depending on where Dr. Benson is and how active your labor is.
2. If you think you are in labor during office hours, call us. We may want to examine you at our office first. If you are 3 weeks or more away from your due date, stop what you are doing, go home and lie down on your left side. If you have painful contractions every 10 to 15 minutes despite 30 minutes of bed rest, CALL THE OFFICE! _____ *initial*

AFTER OFFICE HOURS:

1. If you are sure your water has broken with or without labor, call Dr. Benson.
2. Labor without ruptured bag of water:
 - a. If this is your first baby: Usually, with your first baby, you can labor at home until your contractions are 3 minutes apart. They should last about 30 seconds and are generally uncomfortable at this point. If you cannot tolerate your pain or discomfort, do not go to the hospital. Call Dr. Benson.
 - b. After you have had one or more babies, you should labor at home until your contractions are 7 to 10 minutes apart. Once again, if you cannot tolerate your pain or discomfort, do not go to the hospital. Call Dr. Benson. _____ *initial*

SPECIAL SITUATIONS—If you have already had one or more babies and experienced unusual labor, complications, or if you live more than 30 minutes from the hospital, please tell Dr. Benson and get his recommendations at least one month prior to your due date. _____ *initial*

WHEN IN DOUBT, CALL DR. BENSON. _____ *initial*

DANGER SIGNS—The following are danger signs prior to delivery which must be reported immediately, day or night. **The Benson OB/Gyn Center, P.A.** after hours emergency number is (979) 776-1660.

- Persistent fever over 101°.
- Painless bleeding as heavy or heavier than menstrual bleeding.
- Any bleeding associated with abdominal cramps.
- No fetal movement in a 24 hour period after your 30th week (7 months).
- Headaches that do not go away, even after you have taken Tylenol.
- Painful uterine contractions (that occur six in one hour) *if* you are 3 weeks or more before your due date.
- A steady leakage of fluid from your vagina. _____ *initial*



CHARGES FOR OBSTETRICAL CARE AND DELIVERY

We are unable to give any patient an exact total of charges for their obstetrical care and delivery.

“Routine” obstetric care is considered as 13 normal, uncomplicated, obstetrical office visits, care during your labor and delivery at the hospital, your care while hospitalized after your delivery, and your post-partum office visit, after you deliver.

“Routine” care does not include; problem office visits during your pregnancy, non-pregnancy related problems, lab or ultrasound charges or charges for care if you must be hospitalized during your pregnancy.

Charges for laboratory tests, ultrasounds, problem office visits, and additional monitoring tests, will be filed with your insurance company along with the appropriate copay for these services. Copays will be collected at the time of service.

Complicated / high risk obstetric care and monitoring, such as; management of twins, premature labor, diabetes or high blood pressure will all incur additional charges.

We will contact your insurance company and determine with them what portion of your obstetric care and delivery they will cover. The portion not covered, should be paid IN FULL by the **28th week** of your pregnancy. We will discuss with you, the amount, and payment options, early in your pregnancy.

We request that children, except for newborns, not accompany you to any of your appointments. We WILL ask you to reschedule your appointment if you bring children with you. _____ initial

Children may attend your obstetric ultrasounds with prior notification to the office. _____ initial

We request you limit the number of visitors for ultrasounds to 1-2 only. _____ initial

3-D/ 4-D “FOR FUN” ULTRASOUND POLICY

It is now quite common for patients to seek out a 3-D/4-D ultrasound study “for fun”. This is not an officially recognized medical procedure when used “for fun” and is not sanctioned by any medical institution. You do this at your own risk and at the risk of your baby.

Facilities that offer 3-D/4-D ultrasounds “for fun”, routinely require some type of documentation that you are receiving prenatal care. Usually they prefer the documentation state that you have already had an ultrasound and that your current physician is totally responsible for the results of your pregnancy. This is an attempt by the 3-D/4-D “for fun” facility to avoid any responsibility or liability for any detectable abnormalities they might not diagnose, but SHOULD have diagnosed, during your ultrasound with them.

Please initial that you have read, agree with and will abide by this policy. _____ initial

The policy of this office is to provide you with a copy of part/all of your prenatal record, at your signed request, after the usual fee has been paid. This is the ONLY documentation that our office will provide for the 3-D/4-D “for fun” facility. This is NOT negotiable! Dr. Benson will NOT accept the liability for potential mistakes, missed diagnoses, or harm that this facility’s involvement in your “for fun” ultrasound might lead to.

Please initial that you have read, agree with and will abide by this policy. _____ initial



PHONE CALLS or LETTERS

The policy of this office, in accordance with HIPPA regulations, is that Dr. Benson and his staff may only communicate with **YOU**, the patient! If a call is placed to Dr. Benson or the office, or a letter is written, for any reason, please make sure **YOU** are the person on the phone or that you have written the letter. If you are physically incapacitated to the point that you cannot call, the person calling for you should call 911 for emergency assistance. This includes phone calls during office hours and hours when the office is closed. Do NOT have your husband, mother, father, child, friend, sister or any relative get on the phone with Dr. Benson or his staff, to discuss your medical care. This is a policy mandated by HIPPA and we are bound to abide by it.

Please initial that you have read, agree with and will abide by this policy. _____ *initial*

LABOR & DELIVERY OR EMERGENCY ROOM VISITS

You are required to call Dr. Benson to discuss your medical condition before you go to Labor & Delivery or the Emergency Room. There are a couple of reasons for this policy. It is entirely possible that Dr. Benson will be able to solve your problem over the phone. A simple phone call may help you avoid a trip to the hospital and you will be able to avoid significant and possibly unnecessary charges.

IF Dr. Benson determines he does need you to go to the hospital, please do not argue with him and tell him you do not want to go!

Dr. Benson will be able to notify the hospital that you are coming and they will be prepared for your arrival.

IF you go to Labor & Delivery or the Emergency Room without calling Dr. Benson first, **BE PREPARED TO WAIT!**

Dr. Benson will not have been able to prepare for your arrival and may not be able to tend to your needs as quickly as if he had received a phone call first.

Please initial that you have read, agree with and will abide by this policy. _____ *initial*

RUDE BEHAVIOR

The policy of this office is **BE NICE!** Treat everyone the way **YOU** would like to be treated. If Dr. Benson, or any of his staff, is rude to you, Dr. Benson expects **you** to terminate your Dr.-patient relationship immediately.

If a patient/or patient's family member is rude, in any way, to Dr. Benson or his staff, Dr. Benson will terminate the Dr.-patient relationship immediately.

Rude behavior can take many forms and will not be allowed! This can include speaking in an unpleasant tone, mean or angry speech, vulgarity, etc. Immoral or illegal behavior, refusal to follow office policies or requests to have this office commit any type of fraud is never justified nor tolerated.

Please initial that you have read, agree with and will abide by this policy. _____ *initial*