



Women's Healthcare Physicians

A M E D I C A L C O R P O R A T I O N

1140 WEST LA VETA, SUITE 560
ORANGE, CA 92868
TELEPHONE: 835-0101

1441 AVOCADO, SUITE 608
NEWPORT BEACH, CA 92660
TELEPHONE: 949-644-7433

GENERAL PREGNANCY INFORMATION

Thank you for choosing us as your doctors for this pregnancy. We will do our best to help you through a safe and rewarding experience. If you find you have a problem that cannot wait until your regular visit, please call. We will discuss it with you or, on occasion, when one of us is not available, we will arrange for competent coverage to do so.

This and other information we give you is meant to help you with your pregnancy. Please read this carefully. It includes information you must understand as the pregnancy progresses. Please feel free to ask questions about this information.

When you have read and understand the general pregnancy information, please sign & date for your office record. The original is yours to keep and refer to and the signature section will go into your medical chart.

St. Joseph Hospital is fortunate to have a perinatal center - A Woman's and Children's Hospital Complex. The perinatal center provides care for many pregnant women and their babies from all over the Southwest. The center is one of the few hospitals with personnel and facilities capable of managing many high risk obstetric and newborn problems. Most labors don't need a high risk facility, but when high risk care is needed, very often it is due to sudden change of events which must be corrected in minutes. Only with sophisticated surveillance, immediate surgical and anesthesia capability and constant in-house newborn special care doctors, can one expect to be ready when those problems arise; those times when mother and baby are in trouble.

Modern advances have helped our perinatal center achieve remarkable success with sick mothers and with babies as small as 1½ to 2 pounds.

Ultrasound allows us to look inside the mother and even inside the fetus, similar to x-rays. Ultrasound can help tell about twins, the position of the baby, its age and where the placenta is.

Guided by ultrasound, amniocentesis can be done-the procedure for sampling the fluid in the sac around the fetus. This helps us find some types of fetal abnormalities, especially Down's Syndrome and some spinal defects. The fluid can be tested in late pregnancy to see if the fetus is mature enough to deliver. Chorionic Villus Sampling can now also be done to detect birth defects at 9-11 weeks gestation.

When labor comes too early, we have medical ways to slow or stop labor and if delivery is necessary, to help fetuses lungs to mature more quickly.

Electronic evaluation of the fetus may be recommended prior to delivery. This is done by recording fetal movements and heart rate. It sometimes requires uterine stimulation with intravenous medication. Term such as "biophysical profile", etc. refer to these procedures.

With newer management of premature and sick newborns, the pediatricians are able to save twice as many as they could before the perinatal unit.

These are some of the reasons we feel you have made the wise choice in coming to the perinatal center for your care.

If you have a boy, you may wish circumcision. This is a religious or social custom, not a medical necessity. If you choose circumcision, we will see that this is done while the child is in the hospital.

The hospital offers several kinds of prepared childbirth classes: one for cesarean section, one for husbands who can't attend the regular classes, and several general classes. Do take prepared childbirth classes. They present the basics and also update you on what is new since your last pregnancy. Regardless of your preference for natural, anesthesia, breast or bottle, etc., the classes will help you.

During pregnancy, we will see you once a month or more often if needed. Late in pregnancy, we will see you at least every week. Do keep your appointments. Call ahead if you must reschedule to give us time to move someone else to your time slot.

If you are considering sterilization after this pregnancy, talk to us about it. Government rule requires advance planning for female or male sterilization. Arrangements should be complete a month ahead of time.

If you wish contraception after delivery, be sure to ask us about it before you go home from the hospital. You should NOT depend on breast feeding as a contraceptive.

Other than vitamins, Iron and Tylenol, we ask that you use no medicines during pregnancy until you have cleared it with us. Drugs and x-rays are sometimes necessary, but always carry at least a theoretical risk to the fetus. Dental, chest or other x-rays should only be done when necessary. Smoking and alcohol have been felt to be harmful to the fetus. Since the critical amounts have not been identified, we advise you not to smoke or drink during pregnancy.

Tell us if any abnormal babies have been born on either side of the family. Tell us if you are 35 or older. Tell us of any medical problem in a previous pregnancy. If you have any vaginal bleeding, let us know at the time.

When labor begins, or you think you lose your water, and it is during our regular work hours, please call our office. If it happens after hours, please go to the labor suite at St. Joseph Hospital, phone 771-8246. In the first pregnancy, labor pains five or less minutes apart usually means labor. After the first pregnancy, you are usually in labor when pains are 10 minutes apart. When you go to the hospital, one of us will check you, or if we are not there, the nurse will check you and call us.

In addition to the preceding information, we routinely perform 2-3 tests that you should make sure you get: 1. AFP (alpha feto protein) at 16-18 weeks, 2. Blood sugar at 28-32 weeks, 3. In Rh Negative women-Rhogam is given at 28 weeks.

In the course of your treatment, it may be necessary to give you blood. If you need blood you have several options including: using your own blood, using donor blood, or using blood from the community supply. If you would like additional information regarding blood transfusions, please discuss with your doctor.

If at all possible please try not to bring your children in during your visit, as they can be a distraction for you & the doctor.

If you have read and understand The General Pregnancy Information, please sign below.
Thank you.

Date _____

Signature _____