

FEES

We do not bill until after delivery, however, there may be charges throughout your care that are not included in the global fee**. We will bill these as services are provided. Most insurance plans cover these additional charges.

Ante partum Care

- Monthly routine visits up to 28 weeks
- Bi-weekly visits up to 36 weeks
- Weekly visits until delivery
- Urine dip at each visit

Delivery Services

- Admission to WhidbeyHealth Medical Center
- Management of uncomplicated labor
- Vaginal delivery or cesarean delivery

Post Partum

- 1 and 2 week visits post cesarean delivery
- 6 week visit post vaginal and cesarean delivery

**Fees do not include prenatal labs, medications, hospital charges, immunizations, visits unrelated to pregnancy, complications of pregnancy or delivery or ultrasounds. These services may still be covered by insurance outside the global fee.

Hospital Charges

We deliver all our patients at WhidbeyHealth Medical Center. For information regarding hospital charges, please contact the hospital at 360-678-5151.



www.ChooseMyPlate.gov

This site offers personalized eating plans with interactive tools to help you plan and assess your food choices and advice to help you make smart choices in every food group. Find your balance between food and physical activity.

Get the most nutrition out of your calories. Stay within your daily calorie needs.

Check out the section for pregnancy and breastfeeding. It's designed just for you based on your age, height, weight, and due date.

It will give you excellent guidelines throughout each trimester of your pregnancy.



WhidbeyHealth

 **WhidbeyHealth**
Women's Care

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Welcome and congratulations!
We are happy that you have chosen WhidbeyHealth Women's Care for your obstetrical care.

We have prepared this brochure with some pearls of information that can be useful throughout your pregnancy. However, please remember, we are always a phone call away if you ever have a question or concern.

Again, thank you for choosing WhidbeyHealth Women's Care. We look forward to your journey ahead.

AFTER HOURS

Your may reach the physician on call 24 hours a day, 7 days a week by calling 1-877-230-6129.

7265-001255-0516N

HELPFUL HINTS DURING YOUR PREGNANCY

BACKACHE: Rest and warm (NOT HOT) baths. Use correct posture and try to avoid heavy lifting. Sleep on a firm bed. Wear shoes with low heels.

MINOR ACHES AND PAINS: Acetaminophen - 2 tablets every four hours as needed.

CONSTIPATION: Increase your intake of fiber - fruits, juices, bran and water (6-8 glasses above normal intake).

COUGH: Dextromethorphan - one teaspoon every four hours as needed.

DIARRHEA: Stick to a clear liquid diet like bouillon, Jell-O, 7-Up, Gatorade, etc for 24 hours. OK to take Imodium.

DIZZINESS, FAINTING & LIGHTEADEDNESS: Avoid sudden changes in posture. After lying down, get up slowly, rolling to side, then pushing to sitting position. Avoid standing without moving.

GROIN PAIN: Round ligament pain is sharp, sudden pain the groin area and is caused by the uterus growing to accommodate the baby. Move carefully and avoid sudden movements. Turn over carefully when you are in bed or getting up. Make sure to rest and get off your feet often. There are abdominal support belts that may help as well.

HEMMORRHOIDS: Avoid constipation by increasing the amount of fluids and roughage in your diet. Sitting in a tub of warm (NOT HOT) water is a soothing measure you can try. May use Preparation H cream. Do not sit on a 'donut' cushion.

INDIGESTION & HEARTBURN: Avoid spicy foods. Eat smaller, more frequent meals. Antacids and acid reducers are OK, i.e.: Tums, Mylanta, Maalox, Zantac or Pepcid.

LEG CRAMPS: Wear support pantyhose and low healed shoes. Elevating feet and warm (NOT HOT) baths may help. Increase milk intake, or take calcium tablets.

NAUSEA: Try eating something dry upon awakening such as toast or crackers. Instead of eating three large meals, try eating six smaller meals spaced evenly throughout your day. Eat your meals without a beverage and wait 45 minutes before drinking fluids. If you feel that your nausea is out of control, there is a prescription medicine that you can take. Call the office if you feel that you need medicine.

SEXUAL INTERCOURSE: Continue as long as comfortable unless you have spotting or your bag of water ruptures.

SINUS DRAINAGE/CONGESTION: Humidify your home or bedroom and increase your fluid intake. You can try using a "Nettie Pot" to flush your sinuses for relief or may use Pseudoephedrine HCl decongestant. Stay away from any combination cold medicines.

SORE THROAT: Increase fluids. Call if your temperature is greater than 100.5 degrees Fahrenheit. You may use Acetaminophen and /or throat drops.

SPOTTING: IF CRAMPING OR BLEEDING AS HEAVY AS A PERIOD OCCURS, CALL THE OFFICE: Bed rest if possible, avoid intercourse, tampons or douching and ***OBSERVE***.

SWELLING (EDEMA): This often is a problem that most pregnant women have at some time during pregnancy, support panty hose, elevating feet, and resting on your left side may offer some relief. Don't wear rings if your hands are swollen. "Water pills" are not recommended during pregnancy. Drink fluids - especially water- and lower salt intake.

VAGINAL DISCHARGE: You will normally have more discharge when you are pregnant, but if signs of infection occur, such as itching or foul odor, call the office.
DO NOT DOUCHE.

VARICOSE OR "SPIDER" VEINS: Elevate feet as often as possible and wear support pantyhose. These may go away after the pregnancy. NO thigh high or knee high hose.

IT IS TIME TO GO TO THE HOSPITAL WHEN:

- **YOU SUSPECT THAT YOUR WATER IS LEAKING**
- **YOUR MEMBRANES RUPTURE**
- **PERSISTENT OR HEAVY BLEEDING**
- **YOUR CONTRACTIONS ARE 3-5 MINUTES APART FOR ONE HOUR.**

*****CALL OUR OFFICE FIRST IF THESE OCCUR DURING REGULAR OFFICE HOURS.*****

OVER THE COUNTER MEDICATIONS

In general, we believe it is best to avoid medications in pregnancy. All unnecessary medication should be avoided, particularly in the first 12 weeks when the baby is developing arms, legs, finger, toes, kidney, heart, brain, etc.

Try natural remedies first such as rest, fluids, change in diet, ice, or heat (do not overheat yourself). If you must use a symptom reliever, read the list of ACTIVE INGREDIENTS on the package label. DO NOT USE products with mixtures of active ingredients such as Comtrex or Theraflu. They usually include ingredients NOT recommended. Try to minimize the use of any product in the first 12 weeks.

If you are sick, don't hesitate to call the office. Serious illness can be treated, including use of prescriptions such as antibiotics. It is actually important to treat urinary tract infections to decrease the chance of pre-term labor. Significant respiratory and other infections may warrant antibiotics as well.

THE FOLLOWING MEDICATION LIST IS CONSIDERED TO BE SAFE IN PREGNANCY. HOWEVER, WE CANNOT MAKE ANY GUARANTEES.

Fever, Pain - Acetaminophen (Tylenol)

Allergy, Itching, Pain - Diphenhydramine (Benadryl)

Decongestant - Pseudoephedrine HCl (Sudafed)

Cough Suppressant - Dextromethorphan (Robitussin DM)

Mild Throat Anesthetic - Dyclonine HCl (Throat Lozenges)

Fiber - Psyllium Hydrophilic Mucilloid (Metamucil) or Bulk-forming fiber laxative (tablet) - Calcium Polycarbophil (FiberCon)

Antacids, Acid Reducers - Calcium Carbonate (Tums, - no more than 6 per day), Zantac/Pepcid or Magnesium Et Aluminum Hydroxide (Mylanta, Maalox)

Morning Sickness - Vitamin B6, 25-50mg, 1-2 times/day plus Unisom or Sea Bands (Elastic band with a button at the wrist)

****DO NOT USE PEPTO-BISMOL OR SIMILAR MEDICATIONS WHICH CONTAIN BISMUTH SUBSALICYLATE!***