



Susan Yarian, MD | Eric Pulsfus, MD | Thomas Searle, MD | Kelly Jago, MD  
Barbara Dembek, CNM | Amy Loughlin, CNM | Elizabeth Meadows, CNM | Christa Zielinski, CNM | Lorraine Searle, CNM  
300 Health Park Blvd., Ste. 3002, St. Augustine, FL 32086 | phone.904.819.1500 | fax.904.810.1023

## **Congratulations on your pregnancy and welcome to our practice!**

Our goal is to provide excellent obstetric care. Everyone on our staff remembers the joy and the fear, the emotional and the physical changes during pregnancy. We hope to reassure you, to challenge you to be your best and to ensure the health of our two patients – you and your baby.

One important point: There are NO dumb questions.

### Due Date and Timing in Pregnancy

Your due date is determined as 40 completed weeks from your last period. If you are unsure of your last period or have irregular intervals between menstrual cycles, let us know. Ultrasound is often used to confirm or change a due date. It is normal for your baby to arrive anywhere from 37 to 42 weeks.

We will talk about your pregnancy in weeks. Every 13 weeks marks a trimester.

Routine visits are scheduled as follows:

- Every 4 weeks from 10 to 30 weeks
- Every 2 weeks from 30 to 36 weeks
- Every week from 36 weeks to delivery

### Prenatal Care

We will discuss all of the following at your office visits; however, it is nice to have something to refer to when questions come up.

#### **1. Nutrition/Health Habits**

A good rule during pregnancy is to be yourself, but better. Substitute cottage cheese for that doughnut. Eat your greens. A low-fat, low-sugar diet is best. Stop smoking. We recommend gaining five to ten pounds in the first twenty weeks, then a pound per week for the next twenty weeks. Listen to your body. Eat when you are hungry. If you have a limited diet; for example, vegetarianism, make sure you get enough folic acid, protein and iron.

#### **2. Medications**

After the first trimester, you may take Tylenol or Sudafed (dose on package) if you have a cold (or you may choose to simply blow your nose). Call us regarding any other medications. In general, keep medications to a minimum.

#### **3. Ultrasound**

We generally do an ultrasound in the office in the first trimester to confirm your due date. Another ultrasound is optional; a screening is often done at 18 weeks.



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#### **4. When to call the office: (call 904-819-1500 day or night)**

- Temperature higher than 101 degrees and/or chills
- Nausea and vomiting such that you haven't been able to keep fluids down for 24 hours or more.
- Vaginal bleeding
- Marked decrease in the baby's movements (after 24 weeks)
- Severe abdominal pain
- Burning with urination
- Any time you are unsure or have questions

If you have a non-acute problem or question, please avoid Monday mornings as the phone lines are very busy then.

#### **5. Insurance**

As you may know, there are two types of insurance plans. PPO plans allow you to see a physician without a referral from a primary care physician. HMOs usually require a referral. You are responsible to know whether your plan requires that you see your primary care physician first and if you must pay a co-pay.

If we are a participating practice in your insurance plan (PPO or HMO), we will be happy to file insurance claims for you as a courtesy. The front office can tell you if we participate with your insurance plan.

If you have any billing questions, call Lora or Tracy directly at 904-819-1500.

For more information about our practice and other helpful medical information, please visit our website at [www.obgynstaugustine.com](http://www.obgynstaugustine.com) or [www.staugustinemidwife.com](http://www.staugustinemidwife.com)