

McLaren Print System Order

Order No: 7868
Order Date: 2014-12-29
User: Denise Turner
Phone: 810 342-1711

Ship Location: Denise Turner
1314 S. Linden Rd., Suite C
Flint, MI 48532

Forms
Quantity: 500
Paragon Dept No: 63550
Dept Name: McLaren-Flint Community Medical Center
Company Number: 810

Order Total Price: 0.00

Item Number: M-2010
Item Description: First Prenatal Visit
Revision Date: 8/2012
Print: 2 sided black and white
Paper: 20# White Text
Size: 8.5 x 11
Fold:
Finish:
Drill: None
Misc Info:



WELCOME TO THE OBSTETRICAL PRACTICE

Please make sure you receive your provider's office specific information. Throughout your pregnancy you will be receiving education review sheets like this one. You will be asked to initial your Antepartum Education Checklist so that all of your caregivers are aware of what knowledge you are bringing into each visit.

Prenatal vitamins/diet in pregnancy - Eating a well balanced diet during pregnancy is essential to your health and the health of your baby. It is recommended that you eat plenty of fresh fruits and vegetables and lean meats and dairy products. Because of the new demands on your body it will be important to discuss your usual food habits with your provider to see what changes will be necessary to accommodate your baby. Usually many women have concerns about weight gain during this time and you should know that it is expected that you would gain 25-40 pounds throughout your pregnancy. Women supplementing with iron are often necessary to adequately meet your nutritional needs. In the first three months of pregnancy all of your baby's organs are being formed. It is important to avoid smoking, alcohol, and drugs during this very important period of development. It is important that you talk to your provider about any over the counter medications you take.

Remedies for use in pregnancy - Please discuss with your provider any remedies that you may try for any reason during your pregnancy. It is important for you to remember that whatever you take into your body enters your baby's body too.

Nausea/vomiting/other discomforts - Nausea and/or vomiting are common in early pregnancy due to changing hormone levels. These symptoms go away after the first 3-4 months. Most of the time no special treatment is needed. Often, a few crackers eaten before getting out of bed provides some relief. You should make your provider aware of any persistent or unusual problems. Fatigue, breast tenderness, urinary frequency and heartburn are common. Please talk to your provider about any methods that may relieve these symptoms.

Kegels - These exercises are done to help women with control of urine frequency and spilling, especially during pregnancy. It involves tightening and relaxing the pelvic muscles to increase their strength. Your provider can give you further details as to how often you should do these exercises.

Pre-admission forms - Please make sure you receive these from your provider as they will assist you in receiving quality service during your admission to the hospital.

Maternal Support Services - Some expectant mothers are eligible for home visits during pregnancy. Please talk to your provider for details about who is eligible for these services.

Family Centered Childbirth Programs - Ask your provider for the brochure which describes these programs. You may sign up for these classes by calling (810) 342-1000.

Ultrasound - An ultrasound uses sound waves which bounce off an object to provide a visual display of that object. An outline of the baby, placenta, and other structures involved in the pregnancy are transmitted to a video screen. It is often used to determine placental or fetal position, estimate the age of the baby, confirm a multiple pregnancy, or identify fetal abnormalities.

The picture is generated from an instrument that is placed either on your abdomen or in your vagina. You will also be able to see the picture on the screen. This procedure may be done in your care giver's office, radiology clinic or at the hospital. There are no reported harmful effects for you or your baby. Not all pregnancies require an ultrasound. There are many different reasons for doing an ultrasound. That, they may be done at various points in pregnancy.